

2023 - 2024

ORARIO CORSI

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
07:20 – 08:00 B)Functional Filippo B. B)CROSS	07:20 – 08:05 Studio Cycle Alice E. CYCLEX	07:20 – 08:00 B)Functional Giuliano J. B)CROSS	07:20 – 08:05 Studio Cycle Alice E. GROUP CUCLING	07:20 – 08:00 B)Functional Eva B. B)CROSS	09:00 – 9:45 Studio 1 Nikos K. TBW
09:30 – 10:20 Studio 1 Matteo A. PILATES	08.30 – 9.20 Studio 1 Matteo A. POSTURAL	09:30 – 10:20 Studio 1 Matteo A. POSTURAL	09:20 – 10:10 Studio 1 Andres D.V. GINNASTICA DOLCE	09:10 – 10:00 Studio 1 Alessio B. PILATES	09:45 – 10:30 Studio 1 Nikos K. TBW
10:30 – 11:20 Studio 1 Niccolò R. TBW	09:20 – 10:10 Studio 1 Andres D.V. GINNASTICA DOLCE	10:30 – 11:20 Studio 1 Niccolò R. TBW	10:10 – 11:00 Studio 1 Davide C. PILATES	10:00 – 10:50 Studio 1 Stefano G. GAG	10:30 – 11:00 Studio 1 Valentina C. JUMP
11:30 – 12:00 Studio 1 Valentina C. JUMP	10:10 – 11:00 Studio 1 Davide C. CORPO LIBERO	13:15 – 14:00 OUTDOOR Niccolò B. B)CROSS	11:00 – 11:50 Studio 1 Davide C. ZUMBA	11:00 – 11:50 Studio 1 Matteo A. POSTURAL	11:10 – 12:00 Studio 1 Andres D.V. YOGA
13:15 – 14:00 OUTDOOR Niccolò B. B)CROSS	11:00 – 11:50 Studio 1 Davide C. ZUMBA	13:30 – 14:20 Studio 1 Sara G. GAG	13:20 – 14:10 Studio 1 Niccolò R. STEP 1	13:15 – 14:00 OUTDOOR Niccolò B. B)CROSS	13:30 – 14:15 Studio Cycle Nicoletta S. GROUP CYCLING
13:30 – 14:20 Studio 1 Sara G. TBW	13:20 – 14:10 Studio 1 Niccolò R. TBW	15:00 – 15:50 Studio 1 Niccolò R. PILATES	17:15 – 18:05 Studio 1 Davide C. TBW	13:30 – 14:20 Studio 1 Stefano G. TBW	
15.00 – 15.50 Studio 1 Niccolò R. PILATES	13:30 – 14:15 Studio Cycle Nicoletta S. GROUP CYCLING	17:00 – 17:50 Studio 1 Andres D.V. YOGA	18:05 – 18:50 Studio 1 Francesca M. B)HIIT	17:30 – 18:20 Studio 1 Niccolò R. STEP 1	DOMENICA
17:10 – 18:00 Studio 1 Valentina C. TBW	17:15 – 18:05 Studio 1 Davide C. PILATES	17:50 – 18:20 Studio 1 Valentina C. JUMP	18:30 – 19:15 OUTDOOR Niccolò B. B)CROSS	18:00 – 18:45 Studio Cycle Alice E. CYCLEX	10:00 – 10:50 Studio 1 Valentina C. TOTAL JUMP
18:00 – 18:50 Studio 1 Sara G. GAG	18:05 – 18:50 Studio 1 Davide C. B)HIIT	18:00 – 18:45 Studio Cycle Alice E. CYCLEX	18:50 – 19:20 Studio 1 Valentina C. TOTAL JUMP	18:20 – 19:10 Studio 1 Niccolò R. TBW	11:15 – 12:00 B)Functional Alberto P. CIRCUIT TRAINING
18:30 – 19:15 Studio Cycle Alice D. GROUP CYCLING	18:30 – 19:15 Studio Cycle Viola T. GROUP CYCLING	18:30 – 19:20 Studio 1 Niccolò R. STEP 2	19:20 – 20:10 Studio 1 Davide C. PUMP	18:45 – 19:30 OUTDOOR Giuliano BOOT CAMP	LEGENDA
18:30 – 19:30 OUTDOOR Manuel M. CALISTHENICS	18:30 – 19:15 OUTDOOR Niccolò B. B)CROSS	18:30 – 19:30 OUTDOOR Manuel M. CALISTHENICS	19:30 – 20:15 Studio Cycle Nicoletta S. GROUP CYCLING	19:00 – 19:45 Studio Cycle Alice E. GROUP CYCLING	PERCORSO CORPO&MENTE
18:50 – 19:20 Studio 1 Valentina C. JUMP	18:50 – 19:40 Studio 1 Davide C. ZUMBA	19:00 – 19:45 Studio Cycle Alice E. GROUP CYCLING	20:30 – 21:30 Studio 1 Roberto S. KICK BOXE	19:10 – 20:00 Studio 1 Niccolò R. PILATES	PERCORSO FORMA&DIVERTIMENTO
19:20 – 20:10 Studio 1 Alessio B. POSTURAL	19:30 – 20:15 Studio Cycle Viola T. GROUP CYCLING	19:20 – 20:10 Studio 1 Niccolò R. TBW			PERCORSO B)FUNCTIONAL
20:10 – 21:00 Studio 1 Sara G. FIT BOXE	19:40 – 20:30 Studio 1 Sara G. TBW	20:10 – 21:00 Studio 1 Sara G. FIT BOXE			PERCORSO TONIFICAZIONE
	20:30 – 21:30 Studio 1 Roberto S. KICK BOXE				PERCORSO SPORT
		Certificato Medico per attività Sportiva non Agonistica OBBLIGATORIO			PERCORSO GROUP CYCLING

B)Side Firenze SUD
Viale Fantí, 18
ZONA Campo di Marte
INFO 055601144



La direzione si riserva la possibilità di modificare in qualsiasi momento l'orario dei corsi dandone comunicazione tramite affissioni di avviso all'interno del centro. Nelle festività di calendario i corsi saranno sospesi

