

ORARI AMBER FITNESS

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENEDÌ |
|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 7:00 / 9:00 Small group training | 7:00 / 9:00 Small group training | 7:00 / 9:00 Small group training | 7:00 / 9:00 Small group training | 7:00 / 9:00 Small group training |
| | 9:30 - 10:30 Yoga class | | 9:30 - 10:30 Yoga class | |
| 11:30 - 14:30 Small group training | 11:30 - 14:30 Small group training | 11:30 - 14:30 Small group training | 11:30 - 14:30 Small group training | 11:30 - 14:30 Small group training |
| | 16:00 - 17:00 Yoga class | | 16:00 - 17:00 Yoga class | |
| 16:30 - 19:30 Small group training | 17:00 - 20:30 Small group training | 16:30 - 20:30 Small group training | 17:00 - 20:00 Small group training | 16:30 - 20:30 Small group training |
| 19:45 - 20:45 Yoga class | | | 20:10 - 21:10 Yoga class | |