



WEEKLY COURSE SCHEDULE

MONDAYS

12:00-1:00PM:

YOGA

- With Chiara

This class is based on hatha and vinyasa yoga style and is suitable for all levels. The focus will be standing and seated asanas (yogic postures) and the breath. This class will help facilitate strength-building, flexibility, and awareness as we connect movement and breath.

1:00 - 2:00 PM:

BODY SCULPTING

- With Manuela

An all-over, total body workout. Grab some freeweights and get ready to get fit!

TUESDAYS

6:30 - 7:30 PM:

DYNAMIC PUMP

- With Manuela

Get fit and relax! Relieve stress and tension while you tone and stretch your body.

THURSDAYS

1:00 - 2:00 PM:

ABS & LEGS

- With Coach Polloni

The ultimate workout to keep you fit! Get ready to tighten your glutes and tone your abs with this intensive workout.

7:00 - 8:00 PM:

HIP HOP

- With Dario

Break a move! This class will improve your moves and make you sweat with a fun workout!

La Palestra at FUA, Corso Tintori, 21 (ground floor)
Gym Hours: Monday through Thursday 9:00AM - 8:00PM
Friday 9:00AM - 5:30PM

SEE YOU AT THE GYM!