

SALA BLU

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
7:45 8:00	PILATES	7:15 8:30	FUNZIONALE	7:00 8:00	AERIALS	7:15 8:00	PILATES	10:30 11:15	TONE YOUR BODY	10:30 11:15	TONE YOUR BODY
		9:00 10:00	ABS & STRETCH					9:00 10:00	TONE YOUR BODY	11:15 12:00	ABS & STRETCH
10:00 10:45	POSTURALE			10:00 10:45	POSTURALE					12:30 13:30	POWER YOGA
13:00 13:45	AERIALS	13:00 14:00	YOGA	13:00 13:45	PILATES	13:00 14:00	TONE YOUR BODY	13:00 13:45	PILATES		
17:00 17:45	HIIT	17:00 18:00	TONE YOUR BODY	17:00 17:45	SUPER JUMP	17:00 17:45	HIIT	17:00 17:45	FUNCTIONAL STEP		
17:45 18:45	TRX	18:00 18:45	FUNZIONALE	17:45 18:30	TABATA CIRCUIT	17:45 18:30	FUNZIONALE	17:45 18:30	SUPER JUMP		
18:45 19:45	CROSSCARDIO	18:45 19:45	CROSSCARDIO	19:00 19:45	PILATES	18:30 19:30	CROSSCARDIO	19:00 19:45	POSTURALE		
19:45 20:30	PILATES	20:00 20:45	ZUMBA	19:45 20:30	PILATES	19:30 20:15	BEND & TONE	19:45 20:30	PILATES		
20:30 21:15	PILATES					20:15 21:00	ZUMBA	20:30 21:15	POWER YOGA		

SALA VERDE

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
13:00 14:00	FUNZIONALE	13:00 13:45	FUNZIONALE	13:15 14:00	FUNZIONALE	13:00 13:45	YOGA	13:00 13:45	FUNZIONALE
17:45 18:45	TONE YOUR BODY	17:45 18:45	POWER YOGA	17:45 18:45	POWER YOGA	17:45 18:45	POWER YOGA	17:45 18:30	FUNZIONALE
19:00 19:45	FUNCTIONAL STEP	18:45 19:30	BEND & TONE	18:30 19:15	RE DANCE	18:45 19:30	ABS & STRETCH	18:30 19:15	RE DANCE
19:45 20:30	TABATA CIRCUIT	19:30 20:15	ABS & STRETCH			19:30 20:15	FTBOXE		
20:30 21:15	ABS & STRETCH	20:15 21:00	FUNZIONALE						