

| LUNEDÌ | MARTEDÌ | | MERCOLEDÌ | GIOVEDÌ | | VENERDÌ | | SABATO |
|------------------|--------------------|-----------|------------------|------------------|-----------|------------------------|-----------|------------------------|
| SALA 1 | SALA 1 | SALA 2 | SALA 1 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 |
| 9:00 DOLCE | | 9:00 AFA | 9:00 DOLCE | | | 9:00 VERTEBRALE | 9:00 AFA | |
| 10:00 VERTEBRALE | 9:30 360 FIT | 10:00 AFA | 9:30 VERTEBRALE | 9:30 TOTAL BODY | | 10:00 POSTURAL PILATES | 10:00 AFA | 10:30 CIRCUIT TRAINING |
| 11:00 STRETCHING | 10:30 ADDOME | | 10:00 STRETCHING | 10:30 ADDOME | | 11:00 DOLCE | | |
| 13:00 FITBOXE | 11:00 POWERSTRETCH | | 10:30 PILATES | 11:00 UPPER BODY | | 13:00 PUMP | | |
| | 13:00 TOTAL BODY | | 11:00 POSTURALE | 13:00 YOGA | | | | |
| 16:30 G&G | | 16:00 AFA | 13:30 ADDOME | | 16:00 AFA | | | |
| 17:00 TABATA | 17:00 PILATES TONO | | 16:30 TABATA | 17:00 PILATES | | 17:00 TABATA | | |
| 17:30 360 FIT | | | 17:00 360 FIT | 18:00 CORE&TONE | | 17:30 STEP TONO | | |
| 18:00 G&G | 18:00 ADDOME | | 17:30 G&G | 18:30 TABATA | | 18:30 FITBOXE | | |
| 18:30 TABATA | 18:30 PUMP | | 18:00 TABATA | 18:30 360 FIT | | | | |
| 19:00 360 FIT | 20:00 ZUMBA | | 18:30 360 FIT | 19:00 G&G | | | | |
| | | | 19:00 G&G | 20:00 ZUMBA | | | | |

SOFT 
TONO 
BALLO-COREO 
STRONG 

LIVEHOME FITNESS / **OUTDOOR**

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|------------------------|------------------------|-------------------|-----------------|---------------------------|---------------|
| 9:00 GAG | 9:00 DOLCE | | 9:00 VERTEBRALE | 8:30 YOGA | |
| 9:45 PILATES | 9:45 POSTURAL PILATES | 9:45 CORPO LIBERO | 10:00 DOLCE | | 10:00 OUTDOOR |
| | 13:00 OUTDOOR | 10:00 OUTDOOR | 13:00 OUTDOOR | 13:00 CIRCUITO FUNZIONALE | |
| 14:30 PILATES | | 13:00 TABATA | 14:00 PILATES | | |
| 17:00 OUTDOOR | | 13:30 ADDOME | 17:00 OUTDOOR | 17:00 PILATES | |
| 17:30 360FIT | 17:45 BODY&MIND | 16:45 TABATA | 17:15 TONO | 17:45 CHAIR | |
| 18:00 GAG | 18:30 CIRCUIT TRAINING | 17:15 GAG | 18:30 TABATA | | |
| 18:45 VERTEBRALSTRETCH | | 18:45 TONO | | | |

LIVEHOME FITNESS
OUTDOOR