

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8:30 YOGA	9:00 TONO	8:30 YOGA	9:00 POSTURAL PILATES	8:30 YOGA	
9:30 DOLCE SILVER FIT	9:45 VERTEBRALSTRETCH	9:30 DOLCE SILVER FIT	9:45 STRETCHING	9:30 TONO	9:30 PILATES
10:15 POSTURAL PILATES		10:15 POSTURAL PILATES		10:15 VERTEBRALSTRETCH SILVER FIT	10:15 POSTURAL YOGA
12:45 POSTURAL TONO	12:45 YOGA	12:45 PILATES	12:45 YOGA	12:45 PILOGA	
13:30 PILATES		13:30 PILOGA		13:30 TONO	
14:15 VERTEBRALSTRETCH		14:15 TONO		14:15 PILATES	
17:15 VERTEBRALSTRETCH	17:00 PILATES	17:15 TONO	17:00 TONO	17:15 PILOGA	
18:00 POSTURAL TONO	17:45 YOGA	18:00 VERTEBRALSTRETCH	17:45 YOGA	18:00 PILATES	
18:45 YOGA	18:45 TONO	18:45 YOGA	18:45 PILATES	18:45 YOGA	
	19:30 POSTURAL YOGA		19:30 POSTURAL YOGA		

SILVER FIT

LIVEHOME FITNESS / **OUTDOOR**

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:00 GAG		9:15 DOLCE	9:00 VERTEBRALE	8:30 YOGA	
9:45 PILATES			10:00 DOLCE		10:45 OUTDOOR
	13:00 OUTDOOR	13:30 PILOGA	13:00 OUTDOOR		
	17:45 BODY&MIND	18:00 VERTEBRALE	17:15 TOTAL BODY	17:00 PILATES	
18:00 POSTURAL TONO	18:30 CIRCUIT TRAINING	18:45 TONO	18:00 HIIT TRAINING	17:45 CHAIR	



La direzione si riserva il diritto di apportare modifiche in qualsiasi momento.