

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8:30 YOGA	9:00 DOLCE	8:30 YOGA	9:00 DOLCE	8:30 YOGA	
9:30 CORPO LIBERO	9:45 POSTURAL PILATES	9:30 CORPO LIBERO	9:45 POSTURAL PILATES	9:30 CORPO LIBERO	9:30 PILATES
10:00 VERTEBRALSTRETCH		10:00 VERTEBRALSTRETCH		10:00 VERTEBRALSTRETCH	10:15 POSTURAL YOGA
12:45 YOGA	12:45 YOGA	12:45 YOGA	13:00 YOGA	12:45 PILATES	
13:45 TONO		13:45 PILATES		13:30 POSTURAL TONO	
14:30 PILATES		14:30 POSTURAL YOGA		14:15 YOGA	
17:00 YOGA	17:00 PILATES	17:00 YOGA	17:00 TONO	17:00 POSTURAL TONO	
18:00 POSTURAL TONO	17:45 YOGA	18:00 CORPO LIBERO	17:45 YOGA	17:45 PILATES	
18:45 VERTEBRALSTRETCH	18:45 TONO	18:45 YOGA	18:45 PILATES	18:30 YOGA	
19:30 YOGA	19:30 POSTURAL YOGA		19:30 YOGA		

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
		10:00 OUTDOOR			
	13:00 OUTDOOR	13:00 TABATA	13:00 OUTDOOR	13:00 CIRCUITO FUNZIONALE	
		13:30 ADDOME	14:00 PILATES		
14:30 PILATES					
17:00 OUTDOOR		16:45 TABATA	17:00 OUTDOOR	17:00 PILATES	
17:30 360FIT		17:15 GAG	17:15 TONO	17:45 CHAIR	
18:00 GAG	17:45 BODY&MIND				
18:45 VERTEBRALSTRETCH	18:30 CIRCUIT TRAINING	18:45 TONO	18:30 TABATA		