

ORE	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
7,00 - 7,45	7.00 Funzionale			7.00 Funzionale			
8.00/15							
9,00 /15	9.00 Postural Tone	9.00 CORE	9.15 Ginnastica Vertebrale	9.00 Ginnastica Vertebrale	9.00 Postural Tone		
9.30/45		9.30 TONO					
10.00/15	10.00 Pilates	10.00 Funzionale	10.00 Tone	10.00 Ginnastica Dolce	10.00 Pilates	10.00 Kangoo	
10.30/45							
11.00	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI
11.00/15	11.00 Kangoo	11.00 Yoga	11.00 Kangoo	11.00 Yoga			
11.30/45							
12,00/15							
12,15/30							
13.00/15	13.00 Pilates	13.00 Pilates	13.00 Pump	13.00 Circuit training	13.00 Funzionale	13.00 Circuit Tone	
13.15/30							
14.00/15							
15,00/15	15.00 Training Group Funzionale		15.00 Training Group Funzionale		15.00 Training Group Funzionale		
15.15/30							
16.00	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	TRAINING GROUP SALA PESI	
17,30/45	17.30 Pilates	17.45 Body & Mind	17.30 Pilates	17.45 Body & Mind	17.30 GAG		
18,00/15							
18.30/45	18.15 GAG	18.30 Clircuit Training	18.15 TOTAL BODY TABATA	18.30 Circuito Funzionale	18.30 Step Tono		
19,00/15		19.15 Kangoo	19.00 Zumba	19.15 Kangoo			
19.30/45	19.30 Pump				19.30 HIIT Strenght		
20.00/15		20.30 Kangoo		20.30 Kangoo	20.00 Stretching		
20.30/45							