

		LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'		
		ACQUA	ARIA	FUOCO	ACQUA	ARIA	FUOCO	ACQUA	ARIA	FUOCO	ACQUA	ARIA	FUOCO	ACQUA	ARIA	FUOCO
M A T T I N O				WALKING 08:30	POSTURALE 08:30	TON UP 08:30				WALKING 08:30	POSTURALE 08:30	TON UP 08:30				
		BACK SCHOOL 09:30 NEW	SOFT GYM 09:30		PILATES 09:30	GAG 09:30		BACK SCHOOL 09:30	SOFT GYM 09:30		PILATES 09:30	GAG 09:30		CORSO PRE PARTO 09:30		
		STRETCH & TONE 10:30	ZUMBA FITNESS 10:30		PILATES 10:30	BALLA E BRUCIA 10:30 NEW		STRETCH & TONE 10:30	ZUMBA FITNESS 10:30 NEW		PILATES 10:30	BALLA E BRUCIA 10:30 NEW		CORSO POST PARTO 10:30		
P R A U Z O																
			GAG 12:45	SPINNING 12:45	PILATES 12:45		WALKING 12:30		JUMPING FITNESS 12:45	SPINNING 12:45	PILATES 12:45		WALKING 12:30			SPINNING 12:45
P O M E R I G G I O		CALISTHENICS RAGAZZI 15:30			DANZA MODERNA 15:30 NEW				CALISTHENICS RAGAZZI 15:30							
		CALISTHENICS BAMBINI 16:30			HIP HOP 16:30			TIK TOK DANCE 16:30	CALISTHENICS BAMBINI 16:30		HIP HOP 16:30	DANZA BAMBINI 16:30		TIK TOK DANCE 16:30		
		STRETCH & TONE 17:15	BRUCIA E TONIFICA 17:15	CALISTHENICS ADULTI 18:15	DANZA RAGAZZI 17:30	POWER FIT 17:30 NEW	WALKING 17:15	PILATES 17:30	BRUCIA E TONIFICA 17:15	CALISTHENICS ADULTI 18:15	STRETCH & TONE 17:30	DANZA RAGAZZI 17:30	WALKING 17:15	BRUCIA E TONIFICA 17:30	YOUNG JUMPING 17:00 NEW	
		ZUMBA FITNESS 18:30	BRUCIA E TONIFICA 18:15	SPINNING 18:15	PILATES 18:30	JUMPING FITNESS 18:30	WALKING 18:45	BRUCIA E TONIFICA 18:15	STEP 18:15	SPINNING 18:15	PILATES 18:30	DANZA RAGAZZI INTERMEDI 18:30	WALKING 18:45	PILATES 18:45	JUMPING FITNESS 18:00	SPINNING 18:30
		STEP 19:15	CALISTHENICS ADULTI 19:15	SPINNING 19:30	PILATES 19:30	DANZA RAGAZZI INTERMEDI E ADULTI 19:30	TOTAL SPINNING 19:45	ZUMBA FITNESS 19:15	CALISTHENICS ADULTI 19:15	SPINNING 19:30	PILATES 19:30	DANZA ADULTI 19:30	TOTAL SPINNING 19:45	PILATES 19:45	STEP 19:00	SPINNING 19:30
		STEP PRINCIPIANTI 20:15 NEW	ORIENTAL GYM 20:15 NEW		PRESCIISTICA 20:30	DANZA ADULTI AVANZATO 20:30		STEP PRINCIPIANTI 20:15 NEW	SALSA CUBANA PRINCIPIANTI 20:30		PRESCIISTICA 20:30	DANZA ADULTI AVANZATO 20:30				
									SALSA CUBANA INTERMEDI 21:30							
		NORDIC WALKING 18:00									NORDIC WALKING 18:00					