

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		FUNCTIONAL TRAINING 07:15					FUNCTIONAL TRAINING 07:15								
		POUND FIT 08:30	WALKING 08:30	POSTURALE 08:30	TON UP 08:30		POUND FIT 08:30	WALKING 08:30	POSTURALE 08:30	TON UP 08:30		POWER YOGA 08:30			
	GINNASTICA DOLCE 09:30	SOFT GYM 09:30		PILATES 09:30	GINNASTICA CARDIO - VASCOLARE 09:30		GINNASTICA DOLCE 09:30	SOFT GYM 09:30		PILATES 09:30	GINNASTICA CARDIO - VASCOLARE 09:30				
	GINNASTICA DOLCE 10:30			PILATES 10:30			GINNASTICA DOLCE 10:30			PILATES 10:30					
P R A U S O															
		GAG 12:30	SPINNING 12:30	PILATES 12:45		WALKING 12:30		SPINNING 12:30	PILATES 12:45		WALKING 12:30	POWER YOGA 12:45		SPINNING 12:30	
P O M E R I G G I O	DANZA CLASSICA 15:30					DANZA CLASSICA 15:30									
	GIOCO DANZA 16:30	CALISTHENICS RAGAZZI 16:15		JUMPING YOUNG 16:30	CALISTHENICS BAMBINI 16:15		GIOCO DANZA 16:30	CALISTHENICS RAGAZZI 16:15		CALISTHENICS BAMBINI 16:15		PROPEDEUTICA DANZA 16:30			
	STRETCH & TONE 17:30	BRUCIA E TONIFICA 17:15		POUND FIT 17:15	STRETCH & TONE 17:30	WALKING 17:15	FIGHT FITNESS 17:30	BRUCIA E TONIFICA 17:15		POUND FIT 17:15	STRETCH & TONE 17:30	WALKING 17:15	M I T 17:30	FIGHT FITNESS 17:15	PILATES 17:40
	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 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 INTERMEDI 19:30	TOTAL SPINNING 19:45	POWER FIT 19:15	CALISTHENICS ADULTI 19:15	SPINNING 19:30	PILATES 19:30	DANZA ADULTI 19:30	TOTAL SPINNING 19:45		STEP 19:00	
	ORIENTAL GYM 20:15			PRESCIISTICA 20:30	DANZA AVANZATO 20:30			SALSA CUBANA 20:30		PRESCIISTICA 20:30	DANZA AVANZATO 20:30				
								SALSA CUBANA 21:30							

* NUOVE ATTIVITÀ *