

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'		
ARIA	ACQUA	FUOCO	ARIA	ACQUA	FUOCO	ARIA	ACQUA	FUOCO	ARIA	ACQUA	FUOCO	ARIA	ACQUA	FUOCO

M A T T I N O				FUNCTIONAL TRAINING 07:00 <b>NEW</b>					FUNCTIONAL TRAINING 07:00 <b>NEW</b>						
		PILATES 08:30	WALK & TONE 08:25	TON UP 08:25	POSTURALE 08:30			PILATES 08:30	WALK & TONE 08:25	TON UP 08:25	POSTURALE 08:30				
		GINNASTICA DOLCE 09:15	SOFT GYM 09:30		PILATES 09:30			GINNASTICA DOLCE 09:15	SOFT GYM 09:30		PILATES 09:30				
				PILATES 10:30						PILATES 10:30					

P R A U S O														
	GAG 12:45	HATA YOGA 12:30 <b>NEW</b>	SPINNING 12:30	PILATES 12:45	TOTALBODY 12:45 <b>NEW</b>			FUNCTIONAL TRAINING 12:45	SPINNING 12:30	PILATES 12:45	TOTALBODY 12:45 <b>NEW</b>	WALK & TONE 12:30	FUNCTIONAL TRAINING 12:45	

P O M E R I G G I O	CALISTHENICS RAGAZZI 15:15	DANZA ADULTI 15:30						CALISTHENICS RAGAZZI 15:15	DANZA ADULTI 15:30						
	CALISTHENICS BAMBINI 16:15	DANZA BAMBINI 16:20			GIOCODANZA CLASSICA 16:20			CALISTHENICS BAMBINI 16:15	DANZA BAMBINI 16:20				DANZA BAMBINI 17:00		
	BRUCIA & TONIFICA 17:15	STRETCH & TONE 17:30		STRETCH & TONE 17:30	DANZA BAMBINI 17:15	WALKING 17:15		BRUCIA & TONIFICA 17:15	POUND FITBALL 17:20 <b>NEW</b>		TOTALBODY + STEP 17:30 <b>NEW</b>	STRETCH & TONE 17:15	WALKING 17:15	DANZA RAGAZZI 18:00	
	BRUCIA & TONIFICA 18:15	ZUMBA 18:20	SPINNING 18:15	JUMPING FITNESS 18:30	PILATES 18:30	WALKING 18:45		STEP 18:20	BRUCIA E TONIFICA 18:15	SPINNING 18:15	PILATES 18:30	STRETCH & TONE 18:15	WALKING 18:45	HATA YOGA 18:15 <b>NEW</b>	SPINNING 18:30
	STEP 19:20	IN FORMA BAILANDO 19:30 <b>NEW</b>	SPINNING 19:30	DANZA 19:30	PILATES 19:30	TOTAL SPINNING 19:45		POWER FIT 19:20	IN FORMA BAILANDO 19:30 <b>NEW</b>	SPINNING 19:30	PILATES 19:30	AEROBICA AFROLATINA 19:30	TOTAL SPINNING 19:45	PILATES 19:20	
		PRESCIISTICA 20:30		DANZA 20:30	LATINO AMERICANO 20:30			PRESCIISTICA 20:30				LATINO AMERICANO 21:00			
					LATINO AMERICANO 21:30										

**NEW** NUOVE ATTIVITÀ **NEW**