

| LUNEDI'                                        |                                      |                                              |  | MARTEDI'                       |                                                  |  |  | MERCOLEDI'                              |                                        |  |  | GIOVEDI'           |                                              |  |  | VENERDI'                                |                      |  |  |
|------------------------------------------------|--------------------------------------|----------------------------------------------|--|--------------------------------|--------------------------------------------------|--|--|-----------------------------------------|----------------------------------------|--|--|--------------------|----------------------------------------------|--|--|-----------------------------------------|----------------------|--|--|
| ARIA ACQUA FUOCO                               |                                      |                                              |  | ARIA ACQUA FUOCO               |                                                  |  |  | ARIA ACQUA FUOCO                        |                                        |  |  | ARIA ACQUA FUOCO   |                                              |  |  | ARIA ACQUA FUOCO                        |                      |  |  |
| M<br>A<br>T<br>T<br>I<br>N<br>O                |                                      |                                              |  |                                |                                                  |  |  |                                         |                                        |  |  |                    |                                              |  |  |                                         |                      |  |  |
|                                                |                                      | RISVEGLIO<br>MUSCOLARE<br>08 : 15 <b>NEW</b> |  |                                |                                                  |  |  |                                         | POSTURALE<br>08 : 30                   |  |  |                    | RISVEGLIO<br>MUSCOLARE<br>08 : 15 <b>NEW</b> |  |  |                                         | POSTURALE<br>08 : 30 |  |  |
|                                                | PILATES<br>BASE<br>09 : 05           | GINNASTICA<br>DOLCE<br>09 : 15               |  | PILATES<br>09 : 30             |                                                  |  |  | PILATES<br>BASE<br>09 : 05              | GINNASTICA<br>DOLCE<br>09 : 15         |  |  | PILATES<br>09 : 30 | CORSO<br>BENESSERE<br>09 : 00 <b>NEW</b>     |  |  |                                         |                      |  |  |
|                                                | SOFT GYM<br>10 : 00                  |                                              |  | PILATES<br>10 : 30             |                                                  |  |  | SOFT GYM<br>10 : 00                     |                                        |  |  | PILATES<br>10 : 30 |                                              |  |  |                                         |                      |  |  |
| P<br>R<br>A<br>N<br>Z<br>O                     |                                      |                                              |  |                                |                                                  |  |  | PARKINSON<br>MOVE<br>11 : 00 <b>NEW</b> |                                        |  |  |                    |                                              |  |  | PARKINSON<br>MOVE<br>11 : 00 <b>NEW</b> |                      |  |  |
|                                                |                                      | PILATES<br>12 : 45 <b>NEW</b>                |  | PILATES<br>12 : 45             |                                                  |  |  |                                         | BODY<br>POSTURAL<br>12 : 45 <b>NEW</b> |  |  | PILATES<br>12 : 45 |                                              |  |  |                                         |                      |  |  |
|                                                |                                      |                                              |  |                                | ANDOS<br>14 : 30 <b>NEW</b>                      |  |  |                                         |                                        |  |  |                    | ANDOS<br>14 : 30 <b>NEW</b>                  |  |  |                                         |                      |  |  |
| P<br>O<br>M<br>E<br>R<br>I<br>G<br>G<br>I<br>O |                                      |                                              |  |                                | ANDOS<br>15 : 30 <b>NEW</b>                      |  |  |                                         |                                        |  |  |                    | ANDOS<br>15 : 30 <b>NEW</b>                  |  |  |                                         |                      |  |  |
|                                                |                                      |                                              |  | FIBROGYM<br>16 : 30 <b>NEW</b> |                                                  |  |  |                                         |                                        |  |  |                    | FIBROGYM<br>16 : 30 <b>NEW</b>               |  |  |                                         |                      |  |  |
|                                                |                                      | STRETCH &<br>TONE<br>17 : 30                 |  | STRETCH &<br>TONE<br>17 : 30   |                                                  |  |  |                                         |                                        |  |  |                    | STRETCH &<br>TONE<br>17 : 30                 |  |  |                                         |                      |  |  |
|                                                |                                      |                                              |  |                                | PILATES<br>18 : 30                               |  |  |                                         |                                        |  |  |                    | PILATES<br>18 : 30                           |  |  |                                         |                      |  |  |
|                                                |                                      |                                              |  |                                | PILATES<br>19 : 30                               |  |  |                                         |                                        |  |  |                    | PILATES<br>19 : 30                           |  |  |                                         | PILATES<br>19 : 20   |  |  |
|                                                |                                      | BALLO<br>LISCIO<br>20:30                     |  |                                | SALSA BASE<br>20:30 <b>NEW</b>                   |  |  | BALLO<br>LISCIO<br>20:30                | SWING BASE<br>20 : 30 <b>NEW</b>       |  |  |                    |                                              |  |  |                                         |                      |  |  |
|                                                |                                      |                                              |  |                                | BACHATA<br>DOMINICANA<br>BASE 21 : 30 <b>NEW</b> |  |  |                                         | KIZOMBA BASE<br>21 : 30 <b>NEW</b>     |  |  |                    |                                              |  |  |                                         |                      |  |  |
|                                                | <b>NEW</b> NUOVE ATTIVITÀ <b>NEW</b> |                                              |  |                                |                                                  |  |  |                                         |                                        |  |  |                    |                                              |  |  |                                         |                      |  |  |