

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	POSTURALE 08:30		WALKING 08:30		TON UP 08:30		POSTURALE 08:30		WALKING 08:30		TON UP 08:30				
	GYM MUSIC 09:30	SOFT GYM 09:30		PILATES 09:30	GAG 09:30 NEW		GYM MUSIC 09:30	SOFT GYM 09:30		PILATES 09:30	GAG 09:30 NEW		CORSO PRE PARTO 09:30		
	SOFT AEROBICA 10:30 NEW	ZUMBA FITNESS 10:30		PILATES 10:30			SOFT AEROBICA 10:30 NEW	BRUCIA E TONIFICA 10:30		PILATES 10:30			CORSO POST PARTO 10:30		
P R A U Z O															
		SUPER GAG 12:45 NEW	SPINNING 12:45	PILATES 12:45	FUNCTIONAL TRAINING 12:45 NEW	WALKING 12:30		JUMPING FITNESS 12:45	SPINNING 12:45	PILATES 12:45	FUNCTIONAL TRAINING 12:45 NEW	WALKING 12:30		FUNCTIONAL TRAINING 12:45 NEW	SPINNING 12:45
P O M E R I G G I O		CALISTHENICS RAGAZZI 15:30						CALISTHENICS RAGAZZI 15:30							
		CALISTHENICS BAMBINI 16:30		HIP HOP 16:30 NEW	TIK TOK DANCE 16:30 NEW		PSICO MOTRICITA' 16:30	CALISTHENICS BAMBINI 16:30		PRE ACROBATICA 16:30 NEW	DANZA BAMBINI 16:30		PSICO MOTRICITA' 16:30		
	STRETCH & TONE 17:15	BRUCIA E TONIFICA 17:15	CALISTHENICS ADULTI 18:15	DANZA RAGAZZI 17:30	BRUCIA E TONIFICA 17:30	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	HIP HOP 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 18:30	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	HIGH & LOW 19:15 NEW	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
	PRESCIISTICA 20:15				DANZA ADULTI AVANZATO 20:30		PRESCIISTICA 20:15	SALSA CUBANA PRINCIPIANTI 20:30 NEW			DANZA ADULTI AVANZATO 20:30				
								SALSA CUBANA INTERMEDI 21:30 NEW							
	NORDIC WALKING 18:30						NEW DANZE CARAIBICHE CON LA SCUOLA BAILA LATINO DI CORINNA MARCHETTO NEW					NORDIC WALKING 18:30			