

LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ		
SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3
9.15-10 <b>TIME FOR FIT</b> Giulia	9.15-10.15 <b>PILATES AVANZATO</b> Irene			9.30-10.30 <b>TRX</b> Chris			9.15-10.10 <b>FAT BURNING</b> Giulia	9.15-10.10 <b>WALKING</b> Silvia		9.30-10.30 <b>TRX</b> Alessia			9.15-10.15 <b>FITCROSS</b> Alessia	
10.05-10.50 <b>GAG</b> Giulia	10.20-11.20 <b>PILATES BASE</b> Irene		10.30-11.30 <b>PILATES</b> Giulia			10.10-11.05 <b>POSTURAL PILOGA</b> Alessio						10.10-11.05 <b>POSTURAL PILOGA</b> Alessio		
13-14 <b>FIT BOXE</b> Chiara	13-14 <b>PILATES</b> Monia		13-14 <b>SPINNING</b> Chiara	13-14 <b>FUNCTIONAL TRAINING</b> Giulia		13-14 <b>GAG</b> Giulia	13-14 <b>PILATES</b> Monia		13-14 <b>FUNCTIONAL TRAINING</b> Alessia		13-14 <b>SPINNING</b> Chiara		13-14 <b>POWER STRETCHING</b> Elisa	13-14 <b>WALKING</b> Chiara
		14,30-15,30 <b>WALKING</b> Chiara					14.25-15.25 <b>HIIT TRAINING</b> Giulia					14.30-15.30 <b>TOTAL BODY</b> Lilia		
17.25-18.25 <b>PILATES</b> Elisa			18-18.30 <b>GAG</b> Anna			18.00-18.45 <b>FAT BURNING</b> Giulia	17.25-18.25 <b>PILATES</b> Elisa		18-18.30 <b>GAG</b> Anna		18.30-19.15 <b>TONE UP</b>	17.30-18.25 <b>PILATES</b> Angela		
18.30-19.25 <b>CIRCUIT TRAINING</b> Chris	18.30-19.30 <b>TOTAL ENERGY</b> Marco		18.30-19.15 <b>TONE UP</b>	18.30-19.25 <b>POSTURAL PILOGA</b> Alessio	19,15-20,15 <b>SPINNING</b> Luca	18.45-19,30 <b>HIIT</b> Giulia	18.30-19.30 <b>TOTAL ENERGY</b> Marco	18.45-19.30 <b>WALKING</b> Chiara	18.30-19.15 <b>TONE UP</b>	18.30-19.25 <b>POSTURAL PILOGA</b> Alessio		18.30-19.30 <b>YOGAFIT</b> Angela	18.30-19.20 <b>STRONG</b> Sabina	18.30-19.15 <b>WALKING</b> Chiara
19.30-20.30 <b>POWER PUMP</b> Chiara	19.35-20.35 <b>PILATES</b> Marco	19.30-20.15 <b>WALKING</b> Chris	19.30-20.20 <b>FIT BOXE</b> Alessio	19.30-20.25 <b>AEROSTEP</b> Simonetta		19.35-20.35 <b>POWER PUMP</b> Chiara	19.35-20.35 <b>PILATES</b> Marco		19.30-20.25 <b>GAG</b> Angela	19.30-20.20 <b>FUNCTIONAL PILATES</b> Alessio	19,30-20,30 <b>SPINNING</b> Silvia	19.35-20.35 <b>GAG</b> Elisabetta	19,30-20,30 <b>SPINNING</b> Luca	
	20.40-21.30 <b>ANTIGRAVIFIT</b> Chiara		20.30-21.30 <b>FITCROSS TRAINING</b> Simonetta						20.30-21.30 <b>FITCROSS TRAINING</b> Simonetta					