

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 TIME FOR FIT Giulia	9.15-10.15 PILATES AVANZATO Irene			9.30-10.30 TRX Chris			9.15-10.10 FAT BURNING Giulia	9.15-10.10 WALKING Silvia		9.30-10.30 TRX Alessia			9.15-10.15 FITCROSS Alessia	
10.05-10-50 GAG Giulia	10.20-11.20 PILATES BASE Irene		10 - 11 PILATES Giulia			10.10-11.05 POSTURAL PILOGA Alessio						10.10-11.05 POSTURAL PILOGA Alessio		
13-14 FIT BOXE Chiara	13-14 PILATES Monia		13-14 SPINNING Chiara	13-14 FUNCTIONAL TRAINING Giulia		13-14 GAG Giulia	13-14 PILATES Monia			13-14 FUNCTIONAL TRAINING Alessia	13-14 SPINNING Chiara		13-14 POWER STRETCHING Elisa	13 - 14 WALKING Chiara
		14.30 - 15.30 WALKING Chiara				16-17 PILATES Elisa						14.30-15.30 TOTAL BODY Lilia		
17.25-18.25 PILATES Elisa			18-18.30 GAG Anna			18.00-18.45 FAT BURNING Giulia	17.25-18.25 PILATES Elisa		18-18.30 GAG Anna			17.30-18.25 PILATES Angela		
18.30-19.25 CIRCUIT TRAINING Chris	18.30-19.30 TOTAL ENERGY Marco		18.30-19,15 TONE UP	18.30-19.25 POSTURAL PILOGA Alessio	19,15-20,15 SPINNING Silvia	18.45-19,30 HIIT Giulia	18.30-19.30 TOTAL ENERGY Marco	18.45-19.30 WALKING Chiara	18.30-19,15 TONE UP	18.30-19.25 POSTURAL PILOGA Alessio		18.30-19.30 YOGAFIT Angela	18.30-19.20 STRONG Sabina	18.30-19.15 WALKING Chiara
19.30-20.30 POWER PUMP Chiara	19.35-20.35 PILATES Marco	19.30-20.15 WALKING Chris	19.30-20.20 FIT BOXE Alessio	19.30-20.25 AEROSTEP Simonetta		19.35-20.35 POWER PUMP Chiara	19.35-20.35 PILATES Marco		19.30-20.25 GAG Angela	19.30-20.20 FUNCTIONAL PILATES Alessio	19,30-20,30 SPINNING Silvia	19.35-20.35 GAG Elisabetta	19,30-20,30 SPINNING Chiara	
	20.40-21.30 ANTIGRAVIFIT Chiara		20.30-21.30 FITCROSS TRAINING Simonetta						20.30-21.30 FITCROSS TRAINING Simonetta					