

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.00	POSTURAL 09.05 - 09.50 09.50 - 10.35	PILATES 09.05 - 09.50	STRETCHING 09.05 - 09.50 09.50 - 10.35	POSTURAL 09.05 - 09.50 09.50 - 10.35	STRETCH & FLEX 09.05 - 09.50	
10.00	TOTAL BODY 10.35 - 11.35	FULL BODY 10.00 - 11.00	CARDIO REVOLUTION 10.35 - 11.35	BRUCIA GRASSI 10.35 - 11.35	TOTAL TONE 10.00 - 10.45	LINDY HOP 10.35 - 11.30
14.00	STRETCHING 14.20 - 15.15		POSTURAL 14.20 - 15.15			IL MEGLIO... 14.30 - 15.30
17.00				PANCAFIT 17.05 - 17.55 HIP HOP & REGGAETON 17.00 - 18.00		
18.00	TOTAL BODY 18.15 - 19.00 TOTAL BODY 18.20 - 19.10	CROSS TRAINING 18.00 - 19.00 LATO B 18.20 - 19.10	POWER YOGA 18.15 - 19.00 FIT BOXE 18.20 - 19.10	AERO STEP 18.15 - 19.00 ZUMBA 18.20 - 19.10	CARDIO REVOLUTION 18.00 - 19.00 PUMP 18.15 - 19.00	
19.00	CROSS TRAINING 19.00 - 20.00 ADDOMINAL KILLER 19.15 - 19.30 FIT BOXE 19.35 - 20.25	CARDIO REVOLUTION 19.00 - 20.00 ADDOMINAL KILLER 19.15 - 19.30 BRUCIA GRASSI 19.35 - 20.25	SPINNING 19.10 - 20.00 ADDOMINAL KILLER 19.15 - 19.30 CIRCUIT TRAINING 19.35 - 20.25	CROSS TRAINING 19.00 - 20.00 STRONG BY ZUMBA 19.10 - 20.00	ADDOMINAL KILLER 19.15 - 19.30 TAI CHI CHUAN 19.45 - 20.45	
20.00	DIFESA PERSONALE 20.15 - 21.10 Silat	CARDIO REVOLUTION 20.00 - 21.00	PANCAFIT 20.15 - 21.10	CROSS TRAINING 20.00 - 21.00 LATINO AMERICANO 20.30 - 21.30	DIFESA PERSONALE 20.15 - 21.10 Silat	