

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7.00 – 22.00 (assistenza tecnica in sala)					10.00-17.00
<u>7.30-8.30</u> Risveglio Funzionale		<u>7.30-8.30</u> Risveglio Funzionale			
<u>9.00-10.00</u> Tone up	<u>9.00-10.00</u> Fit-Mat	<u>9.00-10.00</u> Tone up	<u>9.00-10.00</u> Fit-Mat	<u>9.00-10.00</u> Ginn. Dolce	
	<u>10.00-11.00</u> Tonificazione	<u>10.00-11.00</u> Yoga	<u>10.00-11.00</u> Tonificazione	<u>9.00-10.00</u> # Reformer Pilates	
<u>11.00-12.00</u> Tonificazione	<u>11.00-12.00</u> Posturale	<u>11.00-12.00</u> Tonificazione	<u>11.00-12.00</u> Posturale		<u>10.30-11.30</u> # Yoga
<u>13.00-14.00</u> # Reformer Pilates				<u>13.00-14.00</u> # Reformer Pilates	<u>11.30-12.30</u> JOLLY CLASS
<u>13.00-14.00</u> Step&Tone	<u>13.15-14.15</u> Total Body	<u>13.00-14.00</u> Tone up	<u>13.15-14.15</u> Total Workout	<u>13.15-14.15</u> Boot Camp Indoor	
<u>13.15-14.15</u> Stretching	<u>13.00-14.00</u> MTA	<u>13.15-14.15</u> Power Yoga	<u>13.00-14.00</u> MTA	<u>13.00-14.00</u> Stretching	
<u>13.00-14.00</u> Functional Training	<u>13.00-14.00</u> # CROSS FIT	<u>13.00-14.00</u> Functional Training	<u>13.00-14.00</u> # CROSS FIT		
<u>17.00-18.00</u> RPF	<u>17.00-18.00</u> Postural-Tone	<u>17.00-18.00</u> RPF	<u>17.00-18.00</u> Postural-Tone		
<u>18.00-19.00</u> Aerotone	<u>18.30-19.30</u> Step&GAG	<u>18.00-19.00</u> Tone up	<u>18.30-19.30</u> Step&Tone		DOMENICA
<u>18.30-19.30</u> Fit-Mat	<u>18.00-19.00</u> Functional Stretch	<u>18.30-19.30</u> Stretch&Tone	<u>18.00-19.00</u> Functional Stretch	<u>18.30-19.30</u> Stretch&Tone	10.00-15.00
<u>19.00-20.00</u> Pump	<u>19.30-20.30</u> Step&Tone	<u>19.00-20.00</u> Step&BAT	<u>19.30-20.30</u> Cardiofit	<u>19.00-20.00</u> Total Body	
<u>19.30-20.30</u> Stretch&Tone	<u>19.00-20.00</u> Stretch&Tone	<u>19.30-20.30</u> Power Yoga	<u>19.00-20.00</u> Stretch&Tone		<u>11.30-12.30</u> FITNESS CLASS
<u>20.00-20.30</u> Crunch Time	<u>20.00-21.00</u> Functional Training		<u>20.00-21.00</u> Functional Training		
<u>19.00-20.00</u> # CROSS FIT		<u>19.00-20.00</u> # CROSS FIT		<u>19.00-20.00</u> # CROSS FIT	
<u>20.00-21.00</u> # CROSS FIT		<u>20.00-21.00</u> # CROSS FIT		<u>20.00-21.00</u> # CROSS FIT	
<u>20.30-22.00</u> # AFRO	<u>20.30-21.30</u> Yoga				