








LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		DOMENICA
SALA BLU	SALA GIALLA	SALA BLU	SALA GIALLA	SALA BLU	SALA GIALLA	SALA BLU	SALA GIALLA	SALA BLU	SALA GIALLA	SALA BLU	SALA GIALLA	SALA GIALLA
	POSTURALE SILVIA 09.00 - 09.45		X-FIT NADIA 09.00 - 09.45		POSTURALE SILVIA 09.00 - 09.45					WALKING ELEONORA 09.30 - 10.15		
 ZUMBA MATTEO 10.00 - 10.45	TOTALWELLNESS CRISTINA 10.00 - 11.00		GAMBE e GLUTEI NADIA 09.45 - 10.15		 ZUMBA MATTEO 09.45 - 10.30	WALKING ALICE 10.00 - 10.45	TOTALWELLNESS CRISTINA 10.00 - 11.00				FUNCTIONAL ELEONORA 10.15 - 11.00	SURPRISE MASTERCLASS 10.45 - 11.30
	SOFT TONE CRISTINA 11.00 - 11.45				FUNCTIONAL MATTEO 10.30 - 11.15		SOFT TONE CRISTINA 11.00 - 11.45		SOFT YOGA ROBERTO 11.00 - 12.00		X-FIT ELEONORA 11.00 - 11.45	
ADDOMINALI 12.30 - 13.00 ALICE	SOFT YOGA ROBERTO 12.00 - 13.00		BASIC PILATES AGNESE 12.00 - 13.00	WALKING ALICE 12.00 - 12.45			 ZUMBA MATTEO 12.00 - 12.45		GAMBE e GLUTEI SILVIA 12.00 - 12.30	WALKING CIRCUIT FRANCESCA 11.45 - 12.30		
	PILATES FLOW AGNESE 13.00 - 14.00	FITBALL MARY 12.45 - 13.30	PILATES FLOW AGNESE 13.00 - 14.00		STRETCHING ALICE 12.45 - 13.15	UPPER BODY MATTEO 12.45 - 13.15	X-FIT SIMONE 12.45 - 13.30		BASIC PILATES AGNESE 12.30 - 13.30			
									UPPER BODY BRENDA 17.00 - 17.30		DYNAMIC YOGA ROBERTO 15.00 - 16.00	
	ADDOMINALI ELEONORA 17.30 - 18.00		UPPER BODY MAURA 17.30 - 18.00	TOTAL STEP NADIA 17.00 - 17.45		ADDOMINALI MAURA 17.30 - 18.00	BASIC PILATES AGNESE 17.00 - 18.00		POSTURALE BRENDA 17.30 - 18.15		TOTAL BODY WORKOUT 16.00 - 16.45	
WALKING CIRCUIT ELEONORA 18.00 - 18.45	POSTURALE NADIA 18.15 - 19.00	SOFT YOGA ROBERTO 18.00 - 19.00	TABATA MAURA 18.00 - 18.45	TOTAL BODY NADIA 17.45 - 18.30	 ZUMBA BRENDA 18.15 - 19.00	PILATES FLOW AGNESE 18.00 - 19.00	FUNCTIONAL MAURA 18.00 - 18.45	GAMBE e GLUTEI NADIA 18.00 - 18.30	 ZUMBA BRENDA 18.15 - 19.00			
WALKING POWER DAVIDE 18.45 - 19.30	FITBALL NADIA 19.00 - 19.45	DYNAMIC YOGA ROBERTO 19.00 - 20.00	BODY SCULPT MAURA 18.45 - 19.30	WALKING CIRCUIT NADIA 18.45 - 19.30	FUNCTIONAL BRENDA 19.00 - 19.45	STRETCHING AGNESE 19.00 - 19.30	TOTAL STEP MAURA 18.45 - 19.30	WALKING CIRCUIT CHIARA 18.30 - 19.15	BODY SCULPT MAURA 19.00 - 19.45			
 TACFIT MARCO/DAVIDE 19.45 - 20.45	TOTAL BODY NADIA 19.45 - 20.30	WALKING POWER DAVIDE 20.15 - 21.00		PILATES FLOW NADIA 19.30 - 20.30		DYNAMIC YOGA ROBERTO 19.30 - 20.30	TABATA MAURA 19.30 - 20.15		X-FIT SILVIA D. 20.00 - 20.45			
	PILATES FLOW NADIA 20.30 - 21.30			BASIC PILATES NADIA 20.30 - 21.30		WALKING POWER MAURA 20.30 - 21.15	 TACFIT MARCO/DAVIDE 20.30 - 21.30					