

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 09.00 - 09.45		UPPER BODY 09.00 - 09.30		POSTURALE 09.00 - 09.45						WALKING 09.30 - 10.15	
	TOTALWELLNESS 10.00 - 11.00		GAMBE e GLUTEI 09.30 - 10.00		ZUMBA 09.45 - 10.30	WALKING 10.00 - 10.45	TOTALWELLNESS 10.00 - 11.00				FUNCTIONAL 10.15 - 11.00	SURPRISE MASTERCLASS 10.45 - 11.30
	SOFT TONE 11.00 - 11.45				FUNCTIONAL 10.30 - 11.15		SOFT TONE 11.00 - 11.45		SOFT YOGA 11.00 - 12.00		WALKING POWER 11.00 - 11.45	
ADDOMINALI 12.30 - 13.00	SOFT YOGA 12.00 - 13.00		BASIC PILATES 12.00 - 13.00	WALKING 12.00 - 12.45			ZUMBA 12.00 - 12.45		GAMBE e GLUTEI 12.00 - 12.30		WALKING CIRCUIT 11.45 - 12.30	
	PILATES FLOW 13.00 - 14.00		PILATES FLOW 13.00 - 14.00		POSTURAL STRETCHING 12.45 - 13.15		UPPER BODY 12.45 - 13.15		BASIC PILATES 12.30 - 13.30			
ADDOMINALI 17.30 - 18.00			UPPER BODY 17.30 - 18.00	GAMBE e GLUTEI 17.15 - 17.45		ADDOMINALI 17.30 - 18.00	BASIC PILATES 17.00 - 18.00		UPPER BODY 17.00 - 17.30			SURPRISE MASTERCLASS 15.30 - 16.15
WALKING CIRCUIT 18.00 - 18.45	POSTURAL STRETCHING 18.30 - 19.00	SOFT YOGA 18.00 - 19.00	TABATA 18.00 - 18.45	TOTAL BODY 17.45 - 18.30	ZUMBA 18.15 - 19.00	PILATES FLOW 18.00 - 19.00	FUNCTIONAL 18.00 - 18.45	GAMBE e GLUTEI 18.00 - 18.30	POSTURAL STRETCHING 17.30 - 18.00			
WALKING POWER 18.45 - 19.30	TOTAL STEP 19.00 - 19.45		BODY SCULPT 18.45 - 19.30	WALKING CIRCUIT 18.45 - 19.30	FUNCTIONAL 19.00 - 19.45		TOTAL STEP 18.45 - 19.30	WALKING CIRCUIT 18.30 - 19.15				
TACFIT 20.00 - 21.00	TOTAL BODY 19.45 - 20.30	DYNAMIC YOGA 19.00 - 20.00		PILATES FLOW 19.30 - 20.30		DYNAMIC YOGA 19.30 - 20.30	TABATA 19.30 - 20.15		BODY SCULPT 19.00 - 19.45			
	PILATES FLOW 20.30 - 21.30	WALKING POWER 20.15 - 21.00				WALKING POWER 20.30 - 21.15						