

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
07:00					
09:00	PILATES			PILATES	
09:30					
09:45					
10:15	PILATES PREMAMAN			PILATES PREMAMAN	
10:30			G.A.G		CIRCUIT TRAINER
10:50					
13:00		STRETCHING ENERGY		STRETCHING ENERGY	
13:15			CUBA TRAINER		
15:15					
15:30		YOGA-FIT		YOGA-FIT	
16:00	PILATES		PILATES		
17:00					
17:40					
17:45		FIT-TRAINER		FIT-TRAINER	
18:00	PILATES		PILATES		G.A.G.
18:45		YOGA-FIT		YOGA-FIT	
19:00	20:20				
19:15			FUNCTIONAL TRAINER		20:20
19:45	CUBA TRAINER	ZUMBA		ZUMBA	
20:15			FIT-BOXE		CUBA TRAINER
20:45	SALSA ENERGY	12 ROUND		12 ROUND	
21:00					
22:30					