

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica		
07:30	Yoga Federica 7,30-8,30		Pilates Isabella 7,30-8,30	Yoga Federica 7,30-8,30	Pilates Isabella 7,30-8,30				
07:45									
08:00									
08:15									
08:30			Pilates Avanzato Eva 8,30-9,30						
08:45									
09:00	Yoga Federica 9,00-10,00			Yoga Federica 9,00-10,00					
09:15		Upper body & fun Sara 9,30-10,15							
09:30									
09:45									
10:00			Ginnastica dolce Simona 9,45-10,45		Ginnastica dolce Simona 10,00-11,00				
10:15									
10:30									
10:45		Circuit training Sara 10,20-11,05							
11:00									
11:15	Ginnastica dolce Simona 11,15-12,15								
11:30		Total Body Patty 11,15-12,00			Total Body Patty 11,15-12,00				
11:45									
12:00									
12:15		Allenamento Funzionale Patty 12,15-13,00	Gym dance Chiara 12,00-12,45		Pilates alta inensità Eva 12,00-13,00		Pole Aereo [CORSO ESTERNO] Eva 12,00-14,00		
12:30									
12:45									
13:00	Total Body HIIT Patty 13,15-14,00	GAG Patty 13,15-14,00	Power Pilates Chiara 13,00-13,45		Barrè Eva 13,00-14,00				
13:15									
13:30									
13:45									
15:00						Proprio Fit Simona 15-16			
15:15									
15:30									
15:45									
16:00									
16:15									
16:30					Micro Boxe Valeria 16,30-17,30				
16:45									
17:00									
17:15									
17:30									
17:45	Teenagers Fit Patty 17,45-18,30		Teenagers Fit Patty 17,45-18,30		Teenagers Fit Patty 17,45-18,30				
18:00									
18:15									
18:30	Total Body HIIT Patty 18,30-19,15	Kick Boxe Valeria 18,30-19,15	G.A.G Patty 18,30-19,15	Kick Boxe Valeria 18,30-19,15	G.A.G. Patty 18,30-19,15				
18:45									
19:00									
19:15									
19:30	Step & Tone Patty 19,20-20,05	Boxe Valeria 19,15-20,15	Total Body HIIT - <b>COMPLETO</b> Patty 19,20-20,05	Boxe Valeria 19,15-20,15	Total Body HIIT - <b>COMPLETO</b> Patty 19,20-20,05				
19:45									
20:00									
20:15	Pilates Corso coming soon! 20,15 - 21,15		Pilates Corso coming soon! 20,15 - 21,15		Fit Barrè Eva 20,15 - 21,15				
20:30									
20:45									
21:00									