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	sala 1	sala 2	sala 1	sala 2	sala 1	sala 2	sala 1	sala 2	sala 1
9:00	Pilates 9:15 - 10:00			Dynamic 9:15 - 10:00	Body Pump® 9:15 - 10:00		Pilates 9:15 - 10:00		Total Body 9:15 - 10:00
12:00	Fat Buming 12:15 - 13:00			H.E.A.T.® 12:15 - 13:00	Fast Training 12:15 - 13:00		Body Pump® 12:15 - 13:00		TRX® 12:15 - 13:00
17:00	Super Bag 17:30 - 18:00		Circuit 17:30 - 18:00		ABS 17:30 - 18:00				
18:00	TRX® 18:15 - 19:00		BodyPump XS 18:15 - 18:45	Dynamic 18:15 - 19:15	Pilates 18:15 - 19:00		Yoga Flex® 18:15 - 19:15	H.E.A.T.® 18:00 - 19:00	Body Pump® 18:15 - 19:00
19:00	Zumba® 19:15 - 20:00	Spinning® Long Ride 19:00 - 20:20	Power Core 18:45 - 19:15		Cross Cardio® 19:00 - 19:45	Spinning® 19:00 - 20:00	Metabolic G.A.G. 19:15 - 20:00	Spinning® Long Ride 19:00 - 20:20	Power Core 19:00 - 19:30
20:00	Power Strech 20:00 - 20:30		BOXE 19:30 - 21:00		Mobility Suspension 19:45 - 20:30				BOXE 19:30 - 21:00