

	Lunedì		Martedì		Mercoledì		Giovedì		Venerdì
	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1
MATTINA					09.40 – 10.40 PILATES Grazia				
PRANZO	12.50 - 13.45 TOTAL-BODY WORKOUT Christian				12.50 – 13.45 PILATES Christian				12.50 – 13.45 TBW Christian
SERA	17.30 – 17.55 ABDOMINAL Antonia	18.00-18.55 ZUMBA Kinga	17.30-18.25 ONEKOR SKULPT Ancha		17.30 – 18.25 FUNCTIONAL Walter	18.00 – 18.50 YOGA POSTURALE BASE Alessandra	18.00 – 18.55 TOTAL- BODY WORKOUT Christian	17.50-18.40 AEROBICA Ancha	17.30 – 18.25 ONEKOR ENERGY Ancha
	18.00 – 18.55 POWER PUMP Antonia	18.00 – 18.50 VINYASA YOGA sala yoga Alessandra	18.30 – 19.25 FIT-BOX Christian		18.30 – 19.25 STEP Christian	19.00 – 19.50 YOGA POSTURALE BASE Alessandra	19.00 - 19.25 ABDOMINAL BOTTOM Christian	19.00 – 19.55 POLEDANCE INERMEDI Anna	18.30 – 19.30 GAG Sarah
	19.00 – 19.55 FIT BOXE Antonia	19.00 - 19.50 VINYASA YOGA sala yoga Alessandra	19.30 – 20.25 PILATES Christian		19.30 – 20.30 POWER PUMP Sarah presciistica da nov a febb	18.30 – 20.00 THAI BOX Francesco	19.30 – 20.30 PILATES BASE Christian	20.10 – 21.00 POLEDANCE LEVEL OPEN Anna	