

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ	
SALA	SALA	SALA	SALA	SALA	SALA	SALA	SALA	SALA	SALA
9,00-10,00 TONO & STRETCH Cristina		9,15- 10,00 PILATES BASE Monia	9,00-10,00 POSTURAL & TONE Matilde	9,00-10,00 TONO & STRETCH Cristina		9,15- 10,00 PILATES BASE Monia	9,00-10,00 POSTURAL & TONE Matilde	9,00-10,00 TONO & STRETCH Cristina	
10,00-11,00 TOTAL BODY Cristina		10,00-10,45 PILATES AVANZATO Monia	10,00-11,00 WALKING P Silvia	10,00-11,00 TOTAL BODY Cristina		10,00-10,45 PILATES AVANZATO Monia	10,00-11,00 WALKING P Silvia		
13,00-14,30 YOGA Beppe	13,15-14,15 PUMP Elisabetta			13,20-14,20 PILATES Matilde	13,15-14,15 TONE UP Angela		13,15-14,15 PUMP Elisabetta		13,20-14,20 PILATES Angela
18,45-19,30 TOTAL BODY Simona	18,45-19,30 PURE WALKING P Paolo	18,30-19,30 PILATES & TONE Matilde	18,30-19,30 FUNCTIONAL TRAINING Chiara	18,45-19,30 TOTAL BODY Simona	18,45-19,30 PURE WALKING P Anna	18,30-19,30 PILATES & TONE Matilde	18,30-19,15 WALKING P Daria	18,30-19,30 FUNCTIONAL TRAINING Alessandra	19,30-20,15 WALKING P Silvia
19,30-20,30 PUMP Paolo	19,30-20,15 G.A.G & STRETCH P Simona	19,30-20,15 TONE G.A.G & STRETCH Matilde	19,30-20,15 WALKING P Cristina	19,30-20,30 PUMP Paolo	19,30-20,15 G.A.G & STRETCH P Anna	19,30-20,15 TONE G.A.G & STRETCH Matilde	19,30-20,15 FUNCTIONAL TRAINING Daria		
20,30-21,30 FUNCTIONAL TRAINING Dimitri	20,15-21,00 PILATES DONATELLA	20,20-21,20 PRESCIISTICA Filippo	20,40-21,30 FIT BOXE Chiara	20,30-21,30 FUNCTIONAL TRAINING Dimitri	20,15-21,00 PILATES Anna	20,20-21,20 PRESCIISTICA Filippo	20,40-21,30 FIT BOXE Chiara	20,00-21,30 YOGA Beppe	
	21,00-22,00 BALLO Matilde&Marco				21,00-22,00 ZUMBA Angela				