

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ	
VERDE	GIALLA	VERDE	GIALLA	VERDE	GIALLA	VERDE	GIALLA	VERDE	GIALLA
			13,20-14,20 SPINNING P Silvia				13,20-14,20 SPINNING P Silvia		
19,00-19,45 SUSPENSION TRAINING P Dimitri	19,30-20,30	18,30-19,15 SUSPENSION TRAINING P Angela	19,30-20,30 SPINNING P Chiara	19,00-19,45 SUSPENSION TRAINING P Dimitri		18,30-19,15 SUSPENSION & STRETCH P Chiara	19,30-20,30 SPINNING P Chiara		18,30-19,15 SPINNING P Silvia
19,45-20,30 SUSPENSION TRAINING P Dimitri	20,45-21,30 SPINNING P Paolo			19,45-20,30 SUSPENSION TRAINING P Dimitri	20,45-21,30 SPINNING P Paolo				