

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8.30	POWER BOUND		POWER BOUND		POWER BOUND	
9.00		PILATES		PILATES		
9.30	AEROMIX		TBW		AEROMIX	
9.45		PILATES		PILATES		
10.30	VINYASA YOGA		REFORMER		VINYASA YOGA	PILATES
10.45		FIT BOXE		FIT BOXE		
11.00		REFORMER		REFORMER		
11.15			PILATES			REFORMER
13.30		GROUP CYCLING		GROUP CYCLING		
13.30	PUMP	MILITARY	PILATES	MILITARY	GLOBAL TONE	
15.45	REFORMER				REFORMER	
16.30	KUNG FU 4/13 ANNI ★		KUNG FU 4/13 ANNI ★		KUNG FU 4/13 ANNI ★	
17.00		TRX		TRX		
17.15		POSTURALE RAGAZZI ★		POSTURALE RAGAZZI ★		
17.30	KICK BOXING		KICK BOXING		KICK BOXING	
17.30	POWER BOUND CORE		POWER BOUND BALANCE		POWER BOUND TONE	
18.00		FIT BOXE		FIT BOXE		
18.15		POSTURALE ADULTI ★		POSTURALE ADULTI ★		
18.30	STEP FUNZIONALE		PUMP		BODY WEIGHT	
18.30	PILATES		PILATES		PILATES	
19.00		CARDIO FIT		CARDIO FIT		
19.00	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	
19.30	PILATES		PILATES		PILATES	SALA 1
19.30	H.I.I.T.	PILATES	H.I.I.T.	PILATES	H.I.I.T.	SALA 2
20.00	H.I.I.T.	STEP	H.I.I.T.	JUMP	H.I.I.T.	SALA 3
20.30	VINYASA YOGA	REFORMER	FUNTIONAL TRAINING	REFORMER	VINYASA YOGA	SMALL GROUP*
20.30	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	Corsi speciali con abbonamento a parte ★