



SALA FITNESS

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
9.00-10.00		GYM DOLCE		GYM DOLCE	
10.30-11.30		PILATES		PILATES	
11.00-12.00	POSTURAL/PILATES		POSTURAL/PILATES		POSTURAL/PILATES
13.15-14.15	GYM		GYM		GYM
15.00-16.00	PILATES		PILATES		PILATES
16.00-17.00		POSTURALE		POSTURALE	
17.00-18.00	YOGA	PILATES	YOGA	PILATES	YOGA
18.00-19.00	CIRCUIT STRONG	FIT & TONE	CIRCUIT STRONG	FIT & TONE	CIRCUIT STRONG
19.00-20.00	INSANT-T	STRENGTH CIRCUIT	INSANY-T	STRENGTH CIRCUIT	INSANY-T
20.00-21.00	BODY SCULPT	ZUMBA	BODY SCULPT	ZUMBA	BODY SCULPT
21.00-22.00	WING TSUN	SALSA e BACHATA PRINC.	GESTUALITA' FEMMINILE AVANZATO	WING TSUN	
22.00-23.00		SALSA e BACHATA INTERM.	COREOGRAFICO		

BOX FUNZIONALE CALISTHENICS

20.00-21.00	CALISTHENICS	FLEXIBILITY & MOBILITY	CALISTHENICS	FLEXIBILITY & MOBILITY	CALISTHENICS
21.00-22.00		GESTUALITA' FEMMINILE PRINC			