

Lun	Mar	Mer	Gio	Ven	Sab	Dom
	CORPO LIBERO 9:30		POSTURALE 10:30	WALKING 9:30	HATA YOGA LIV.0,5 9:30	INDOOR CYCLING 10:00
POSTURALE 10:30	PILATES 10:30		TOTAL BODY 12:40	CORPO LIBERO 10:30	WALKING 10:30	
TOTAL BODY 12:40	ADDOME 12:40	ADDOME 12:40	HATA YOGA LIV.1 13:10	ADDOME 12:40	PUMP 11:30	
PILATES 13:10	PUMP 13:10	FUNCTIONAL PUMP 13:10	TOTAL BODY 14:15	HIIT 13:10		
TOTAL BODY 17:00	TOTAL BODY 14:15	POSTURALE 17:00	WALKING 17:00	ADDOME 18:00		
PILATES 18:00	PUMP 17:00	X-TEMPO 18:00	TOTAL BODY 18:00	HIIT 18:30		
HIIT 18:45	WALKING 18:00	ZUMBA 18:45	HIIT 18:30	ZUMBA 19:00		
HATA YOGA LIV.1 19:30	FIT BOXE 19:00	HATA YOGA LIV.1 19:30	PUMP 19:00			
WALKING 20:30	PUMP 20:00		WALKING 20:00		BASIC	FT-CLUB