

Foglio1

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		sabato	
Sala 1	Sala2	Sala 1	Sala2	Sala 1	Sala2	Sala 1	Sala2	Sala 1	Sala2	Sala 1	Sala2
9:30-10:20 C.L. 1		9:00-9:50 Pilates		9:30-10:20 Well Back		9:00-9:50 Pilates		9:30-10:20 C.L. 1		10:00-10:50 Total Body	
11:00-12:00 A.F.A.		10:00-10:30 G+Addome		10:30-10:55 Tone		10:00-10:30 G+Glutei				10:30-12:00 Ballet <i>novità</i>	11:00-11:30 Stretch
		11:00-12:00 A.F.A.		11:00-12:00 A.F.A.		11:00-12:00 A.F.A.					
13:20-14:10 Pilates Adv	13:30-14:00 Tone	13:00-13:25 Addome		13:20-14:10 F.T.	13:30-14:20 Postural <i>novità</i>	13:00-13:25 Addome		13:20-14:10 Pilates Adv	13:30-14:00 Tone		
		13:30-14:20 Circuito				13:30-14:20 Circuito					
15:30-16:20 C.L.		14:30-15:30 A.F.A.		15:30-16:20 G.A.G.		14:30-15:30 A.F.A.		15:30-16:20 C.L.			
16:30-16:55 Stretch	<i>novità</i>	16:30-16:55 G.A.G.		16:30-16:55 Stretch		16:30-16:55 G.A.G.	<i>novità</i>	16:30-16:55 Stretch			
17:00-17:25 Addome	17:00-18:00 Baby Gym	17:00-17:50 Pilates	17:00-18:00 Baby Gym <i>novità</i>	17:00-17:50 Pilates Bsc	17:00-17:25 Tone	17:00-17:50 Pilates	17:00-18:00 Baby Gym	17:00-17:50 Pilates Bsc	17:00-17:25 Addome		
17:30-17:55 Tone									17:30-17:55 Tone		
18:00-18:25 G.A.G.	18:00-18:25 Stretch	18:00-18:50 Body Tone		18:00-18:25 Addome	18:00-18:25 Stretch	18:00-18:50 Body Tone		18:00-18:25 G.A.G.	18:00-19:15 Stretch		
18:30-19:20 Circuito	<i>novità</i>	19:00-19:50 P&J	18:30-19:20 Postural <i>novità</i>	18:30-19:20 Step Dance		19:00-19:50 P&J	<i>novità</i>	18:30-19:20 Bosu	18:30-19:20 Postural <i>novità</i>		
19:30-20:20 Total Body	19:00-20:00 Yoga	20:00-20:50 Step Tonic		19:30-19:55 Glutei		20:00-20:50 Step Tonic	19:00-20:00 Yoga	19:30-20:20 Total Body			
20:30-20:55 G.A.G.				20:00-20:50 Pump							
21:00-22:30 Boxe		21:00-21:50 Pilates		21:00-22:30 Boxe		21:00-21:50 Pilates		21:00-22:30 Boxe			

Principianti & Relax

Intermedio

Media Difficoltà

Avanzato & Strong

Coreografico

Extra Abbonamento