

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
<b>PILATES</b> 9:30 - 10:15 <b>PANCAFIT</b> 10:15 - 11:00		<b>YOGA</b> 10:45 - 12:00 <b>CHALLENGE RIDE</b> 10:15 - 11:15	<b>PILATES</b> 9:30 - 10:15 <b>TRX</b> 10:30 - 11:15		<b>BODY PUMP</b> 10:00 - 11:00
<b>INTERVAL TRAINING</b> 12:45 - 13:30	<b>BODY PUMP</b> 12:45 - 13:45		<b>BODY PUMP</b> 13:00 - 14:00	<b>CYCLING</b> 12:45 - 13:45	 CORSI FITNESS
<b>PANCAFIT</b> 14:15 - 15:00 <b>PANCAFIT</b> 15:45 - 16:30 <b>POSTURALE</b> 15:00 - 15:45	<b>POWER YOGA</b> 17:15 - 18:15	<b>KARATE</b> 18:00 - 19:00	<b>POWER YOGA</b> 17:15 - 18:15	<b>PANCAFIT</b> 14:15 - 15:00 <b>PANCAFIT</b> 15:45 - 16:30 <b>POSTURALE</b> 15:00 - 15:45	 CORSI EXTRA EMOTION
<b>JUDO</b> 17:00- 20:30 <b>ATTACK</b> 18:15 - 19:15 <b>E-CORE</b> 19:15 - 19:45 <b>BOXE</b> 18:30 - 20:30	<b>JUDO</b> 17:00- 20:30 <b>BODY PUMP</b> 18:15 - 19:15 <b>BODY COMBAT</b> 19:30 - 20:30	<b>STEP TONE</b> 18:15 - 19:15 <b>SPARTAN CIRCUT TRAINING</b> 18:30 - 19:30 <b>BOXE</b> 18:30 - 20:30 <b>CYCLING</b> 19:15 - 20:15	<b>JUDO</b> 17:00- 20:30 <b>BODY PUMP</b> 18:30 - 19:30 <b>BOXE agonisti</b> 18:30 - 20:30	<b>JUDO</b> 17:00- 20:30 <b>GRITT</b> 18:30 - 19:00 <b>BOXE</b> 18:30 - 20:30	 CORSI POSTURALI   SPORT DI COMBATTIMENTO