

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
PILATES 9:30 - 10:15 PANCAFIT 10:15 - 11:00		CHALLENGE RIDE 10:15 - 11:15 YOGA 10:45 - 12:00	PILATES 9:30 - 10:15 TRX 10:30 - 11:15		BODY PUMP 10:00 - 11:00
INTERVAL TRAINING 12:45 - 13:45	A.P. 12:45 - 13:45		BODY PUMP 13:00 - 14:00	CYCLING 12:45 - 13:45	 CORSI POSTURALI
PANCAFIT 14:30 - 15:15 POSTURALE 15:15 - 16:00	POWER YOGA 17:30 - 18:30		POWER YOGA 17:30 - 18:30	PANCAFIT 14:30 - 15:15 POSTURALE 15:15 - 16:00	 SPORT DI COMBATTIMENTO
PANCAFIT 16:00 - 16:45		KARATE 18:00 - 19:00 STEP TONE 18:15 - 19:15	CALISTHENICS 18:00 - 19:00	PANCAFIT 16:00 - 16:45	 CORSI FITNESS
JUDO 16:45 - 20:30 ATTACK 18:15 - 19:15 CYCLING 19:30 - 20:30 BOXE 18:30 - 20:30	BODY PUMP 18:30 - 19:30 BODY COMBAT 19:30 - 20:30	JUDO 17:00 - 20:30 CYCLING 19:15 - 20:15 BOXE 18:30 - 20:30	BODY PUMP 18:30 - 19:30 BOXE agonisti 18:30 - 20:30	JUDO 16:45 - 20:30 GRITT 18:30 - 19:00 BOXE 18:30 - 20:30	 CORSI EXTRA EMOTION