

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