

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	YOGA GREEN 9:30 - 10:30	SOFT-MOTION 9:15 - 10:00 Challenge Ride 10:15 - 11:15	YOGA GREEN 9:30 - 10:30 TRX 10:30 - 11:15		PUMP 10:00 - 11:00
INTERVAL TRAINING 12:45 - 13:45 DA LUNEDÌ 16	A.P. 12:45 - 13:45	YOGA 10:45 - 11:45	PUMP 13:00 - 14:00	CYCLING 12:45 - 13:45	✓ CORSI POSTURALI
POSTURALE 14:45 - 15:30 PANCAFIT 15:30 - 16:15	Yoga Bimbi 16:45 - 17:30			POSTURALE 14:45 - 15:30 PANCAFIT 15:30 - 16:15	👍 SPORT DI COMBATTIMENTO
Postural Fitness Pilates 17:15 - 18:15	POWER YOGA 17:30 - 18:30 Calisthenics 18:00 - 19:00	Postural Fitness Pilates 17:15 - 18:15	Calisthenics 18:00 - 19:00 POWER YOGA 17:30 - 18:30		★ CORSI FITNESS
JUDO 16:45 - 20:30 ATTACK 18:15 - 19:15 CYCLING 19:15 - 20:15 BOXE 18:30 - 20:30	PUMP 18:30 - 19:30 COMBAT 19:30 - 20:30 JUDO 17:00 - 20:30	STEP TONE 18:15 - 19:15 BOXE 18:30 - 20:30 CYCLING 19:15 - 20:15	JUDO 16:45 - 20:30 PUMP 18:30 - 19:30 Stretching Posturale 19:30 - 20:30	GRITT 18:30 - 19:00 E-CORE 19:00 - 19:30 BOXE 18:30 - 20:30 JUDO 17:00 - 20:30	♥ CORSI EXTRA EMOTION