

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
13.00/14.00 PILATES				13.00/14.00 PILATES				13.00/14.00 PILATES	
							17.00/18.00 TOTAL BODY		
	18.30/19,30 H.I.I.T.		18.30/19.00 TONO		18.30/19,30 AEROBICA /STEP 1		18.00/19.00 STEP 2		
	19,30/20,30 FUNZIONALE		19.00/20.00 PILATES		19.30/20,00 ADDOME STRETCHING		19.00/20.00 PILATES		