

23/12/2011 venerdì	27/12/2011 martedì	28/12/2011 mercoledì	29/12/2011 giovedì	30/12/2011 venerdì
09,00 Easy Fit	10,00 Circuit *	13,30 Reformer *	10,00 Circuit *	13,30 Reformer *
09,30 Posturale *	11,00 Circuit *	14,00 Body Sculpt	11,00 Circuit *	14,30 Reformer *
09,30 Pilates	14,00 FitBoxe	14,30 Reformer *	14,00 FitBoxe	17,00 Pilates *
10,00 Body Sculpt	14,00 Walking Cir*	16,00 Reformer *	14,00 Walking Cir*	18,15 Circuit *
10,30 Team Dance	14,00 Pilates	17,00 Reformer *	14,00 Pilates	18,30 Pilates *
10,30 Pilates	17,30 Gag	17,00 FitBoxe	17,30 Gag	19,00 Total Body
13,30 Reformer *	17,30 Zumba	18,00 Tone Up	17,30 Zumba	19,15 Circuit *
14,30 Reformer *	18,00 Circuit *	18,00 Circuit *	18,00 Circuit *	20,00 FitBoxe
17,00 Pilates *	18,30 Pilates	18,15 Pilates *	18,30 Pilates	20,30 Circuit *
18,15 Circuit *	18,30 FitBoxe	18,30 Pilates	18,30 FitBoxe	
18,30 Pilates *	19,00 Circuit *	19,00 FitBoxe	19,00 Pilates *	
19,00 Total Body	19,30 Pilates	19,00 Total Body	19,30 Pilates	
19,15 Circuit *	19,30 Body Step	19,15 Pilates *	19,30 Body Step	
20,00 Tango base	20,30 Pilates	19,30 Pilates	20,30 Pilates	
20,00 FitBoxe	21,00 Muay Thai	20,00 FitBoxe	21,00 Muay Thai	
20,30 Circuit *	21,00 Circuit *	20,30 Gag	21,00 Circuit *	
21,30 Tango Int.		20,30 Pilates		
02/01/2012 lunedì	03/01/2012 martedì	04/01/2012 mercoledì	05/01/2012 giovedì	08/01/2012 domenica
13,30 Reformer *	10,00 Circuit *	13,30 Reformer *	10,00 Circuit *	17,45 Caraibico I
14,00 Body Sculpt	11,00 Circuit *	14,00 Body Sculpt	11,00 Circuit *	19,15 Caraibico B
14,30 Reformer *	14,00 FitBoxe	14,30 Reformer *	14,00 FitBoxe	
17,00 Pilates *	14,00 Pilates	16,00 Reformer *	14,00 Pilates	
17,00 FitBoxe	17,30 Gag	17,00 Reformer *	17,30 Gag	
18,00 Tone Up	17,30 Zumba	17,00 FitBoxe	17,30 Zumba	
18,00 Circuit *	18,00 Circuit *	18,00 Tone Up	18,00 Circuit *	
18,15 Circuit *	18,30 FitBoxe	18,15 Pilates *	18,30 FitBoxe	
18,30 Pilates	18,30 Pilates	18,30 Pilates	18,30 Pilates	
19,00 FitBoxe	18,30 Body Sculpt	19,00 FitBoxe	18,30 Body Sculpt	
19,00 Total Body	19,00 Circuit *	19,00 Total Body	19,00 Circuit *	
19,15 Circuit *	19,30 Pilates	19,15 Pilates *	19,30 Pilates	
19,30 Pilates	19,30 Body Step	19,30 Pilates	19,30 Body Step	
20,00 FitBoxe	19,30 Hip Hop *	20,00 FitBoxe	19,30 Hip Hop *	
20,30 GiroKinesis	20,30 Pilates	20,30 Gag	20,30 Pilates	
	21,00 Muay Thai	20,30 Pilates	21,00 Muay Thai	
	21,00 Circuit *		21,00 Circuit *	

* I corsi evidenziati sono extra-club -Dal 08/01/2012 rientrerà in vigore palinsesto del 25/11/11