

		LUNEDI'		MERCOLEDI'		VENERDI'		MARTEDI'		GIOVEDI'				
FITNESS - BALLO	Easy Fit 09,00			Easy Fit 09,00		Easy Fit 09,00								
	Body Sculpt 10,00	Team Dance 10,30		Body Sculpt 10,00	Team Dance 10,30	Body Sculpt 10,00	Team Dance 10,30	Easy Fit 10,00	Walking 10,00 50 min	Easy Fit 10,00	Walking 10,00 50 min			
	Body Sculpt 14,00			Body Sculpt 14,00		Body Sculpt 14,00		FitBoxe 14,00	Walking Circuit 14,00	FitBoxe 14,00	Walking Circuit 14,00			
	FitBoxe 17,00	Taekwondo (5-9 anni) 17,00		FitBoxe 17,00	Taekwondo (5-9 anni) 17,00	FitBoxe 17,00		G.A.G. 17,30		G.A.G. 17,30				
	Tone Up 18,00	Zumba 18,00		Tone Up 18,00	Zumba 18,00	Tone Up 18,00		FitBoxe 18,30	Body Sculpt 18,30	FitBoxe 18,30	Body Sculpt 18,30			
	FitBoxe 19,00	Total Body 19,00	Walking 18,50 50 min	FitBoxe 19,00	Total Body 19,00	FitBoxe 19,00	Total Body 19,00	Walking 18,50 50 min	Body Step 19,30	Hip Hop (dai 13 anni) 19,30	Walking Circuit 19,30	Body Step (dai 13 anni) 19,30	Hip Hop (dai 13 anni) 19,30	Walking Circuit 19,30
	FitBoxe 20,00	Body Step 20,00	Walking 19,40 50 min	FitBoxe 20,00	Body Step 20,00	FitBoxe 20,00	Tango Argentino Base 20,00	Walking 19,40 50 min	Caraibici Int./Avan. 20,30	Liscio e Standard 20,30	Walking Circuit 20,30	Caraibici Int./Avan. 20,30	Liscio e Standard 20,30	Walking Circuit 20,30
	FitBoxe 21,00	Wing-Tsun Dif. Pers. 21,00	Walking 20,30 50 min	FitBoxe 21,00	Wing-Tsun Dif. Pers. 21,00	FitBoxe 21,00	Tango Argentino Intermedio 21,30	Walking 20,30 50 min	Militay Fit 21,30	Sport da Ring - Muay Thai 21,00	Caraibici Base 21,30	Militay Fit 21,30	Sport da Ring - Muay Thai 21,00	Caraibici Base 21,30
		Military Fit 21,30			Military Fit 21,30									

	LUNEDI'			MERCOLEDI'			VENERDI'			MARTEDI'			GIOVEDI'			
	Pilates Suite			Pilates Suite			Pilates Suite			Pilates Suite			Pilates Suite			
B O D Y M I N D	Pilates Matwork 09,30	Posturale 09,30		Pilates Matwork 09,30	Posturale 09,30		<u>Pilates & Tone</u> 09,30	<u>Posturale</u> 09,30		Pilates Matwork 09,00		Yoga 09,30 75 min.	Pilates Matwork 09,00		Yoga 09,30 75 min.	
	Pilates Matwork 10,30		Pilates Matwork 10,00	Pilates Matwork 10,30		Pilates Matwork 10,00	<u>Pilates & Tone</u> 10,30		<u>Personal Group</u> 10,00	Posturale 10,00	<u>Pilates Circuit</u> 10,00		Posturale 10,00	<u>Pilates Circuit</u> 10,00		
			<u>Personal Group</u> 11,00			<u>Personal Group</u> 11,00				Pilates Matwork 11,00	<u>Pilates Circuit</u> 11,00		Pilates Matwork 11,00	<u>Pilates Circuit</u> 11,00	<u>Personal Group</u> 11,00	
	Pilates Matwork 13,30	<u>Pilates Reformer</u> 13,30		Pilates Matwork 13,30	<u>Pilates Reformer</u> 13,30		<u>Pilates Matwork</u> 13,30	<u>Pilates Reformer</u> 13,30								
		<u>Pilates Reformer</u> 14,30			<u>Pilates Reformer</u> 14,30			<u>Pilates Reformer</u> 14,30		Pilates Matwork 14,00				Pilates Matwork 14,00		
					<u>Pilates Reformer</u> 16,00				<u>Personal Group</u> 16,00				<u>Personal Group</u> 16,00			
		<u>Pilates Matwork</u> 17,00			<u>Pilates Reformer</u> 17,00		<u>Pilates Matwork</u> 17,00						<u>Personal Group</u> 17,00			<u>Personal Group</u> 17,00
			<u>Personal Group</u> 18,00		<u>Pilates Matwork</u> 18,15		<u>Personal Group</u> 18,00	<u>Pilates Circuit</u> 18,15	<u>Personal Group</u> 18,00	Pilates Matwork 18,30	<u>Pilates Circuit</u> 18,00	Yoga 18,00 75 min.	<u>Personal Group</u> 18,00	Pilates Matwork 18,30	<u>Pilates Circuit</u> 18,00	Yoga 18,00 75 min.
	Pilates Matwork 18,30	<u>Pilates Circuit</u> 18,15		Pilates Matwork 18,30	<u>Pilates Matwork</u> 18,15		<u>Personal Group</u> 19,00	<u>Pilates Circuit</u> 19,15	<u>Personal Group</u> 19,00	Pilates Matwork 18,30	<u>Pilates Circuit</u> 19,00		<u>Personal Group</u> 19,00	Pilates Matwork 18,30	<u>Pilates Matwork</u> 19,00	<u>Personal Group</u> 19,00
	Pilates Matwork 19,30	<u>Pilates Circuit</u> 19,15		Pilates Matwork 19,30	<u>Pilates Matwork</u> 19,15		<u>Personal Group</u> 20,00		<u>Personal Group</u> 20,00	Pilates Matwork 19,30			<u>Personal Group</u> 20,00	Pilates Matwork 19,30		<u>Personal Group</u> 20,00
	GiroKinesis 20,30			Pilates Matwork 20,30			<u>Pilates Circuit</u> 20,30		Pilates Matwork 20,30	Power Yoga 20,30 75 min		<u>Pilates Circuit</u> 21,00	Pilates Matwork 20,30	Power Yoga 20,30 75 min	<u>Pilates Circuit</u> 21,00	