

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:00		NEW TONE UP Silvia	NEW CIRCUIT TRAINING Samuele	NEW TONIFICAZIONE Micol		
10:00	TRX Daniele	POWER TONE Luca	MOBILITA' Aurora	YOGA Giulia	PILATES Giulia	
11:00	POSTURALE Samuele	YOGA FLOW Silvia C.	YOGA Nabila	POSTURALE Luca	POSTURALE Mario	TONIFICAZIONE Daniele
12:00		NEW ZUMBA Silvia	NEW POWER TONE Aurora	NEW PILATES Samuele		
13:00	PILATES Giulia F	GAG Silvia	POSTURALE Jolanta	CIRCUIT TRAINING Daniele	YOGA Nabila	
17:00						
18:00	FLEXIBITY Mario	POSTURALE Eugenio	YOGA FLOW Silvia C.	PILATES Jolanta	GAG Luca	
19:00	CIRCUIT TRAINING Samuele	YOGA Giulia	FUNZIONALE Daniele	GAG Silvia	NEW TRX Daniele	
20:00-21:30		NEW KICK BOXING Luigi		NEW KICK BOXING Luigi		



POSTURA



COEROGRAFATO



MEDITAZIONE



TONIFICAZIONE