

| <b>Lunedì</b>  | <b>Martedì</b>                                     | <b>Mercoledì</b>   | <b>Giovedì</b>                                     | <b>Venerdì</b>   | <b>Sabato</b>                                       |
|--|--|--|--|--|---|
| 07.30 - 08.15<br><b>Pilates</b><br>SABRINA                 |  | 07.30 - 08.15<br><b>Pilates</b><br>SABRINA                 |  | 07.30 - 08.15<br><b>Pilates</b><br>SABRINA               |   |
| 08.15 - 09.00<br><b>Pilates base</b><br>SABRINA            | 08.30 - 09.15<br><b>Posturale</b><br>ELENA         | 08.15 - 09.00<br><b>Pilates base</b><br>SABRINA            | 08.30 - 09.15<br><b>Posturale</b><br>ELENA         | 08.15 - 09.00<br><b>Pilates base</b><br>SABRINA          |   |
| 09.00 - 10.00<br><b>Pilates Intermedio</b><br>SABRINA      | 09.15 - 10.00<br><b>Posturale</b><br>ELENA         | 09.00 - 10.00<br><b>Pilates Intermedio</b><br>SABRINA      | 09.15 - 10.00<br><b>Posturale</b><br>ELENA         | 09.00 - 10.00<br><b>Pilates Intermedio</b><br>SABRINA    |   |
| 10.00 - 11.00<br><b>Total body</b><br>LAURA                | 10.00 - 11.00<br><b>Step Dance</b><br>ELENA        | 10.00 - 11.00<br><b>g.a.g.</b><br>LAURA                    | 10.00 - 11.00<br><b>Balla e Brucia®</b><br>ELENA   | 10.00 - 11.00<br><b>Pump</b><br>LAURA                    | 10.15 - 11.15<br><b>Postural fusion</b><br>LAURA I. |
| 11.00 - 11.30<br><b>Glutei</b><br>LAURA                    |  | 11.00 - 11.30<br><b>Addome</b><br>LAURA                    | 11.00 - 12.00<br><b>g.a.g.</b><br>ELENA            | 11.00 - 11.30<br><b>Addome e Glutei</b><br>LAURA         | 11.15 - 12.15<br><b>Body Power</b><br>LAURA I.      |
| 13.00 - 14.00<br><b>Pilates avanzato</b><br>SABRINA        | 13.00 - 14.00<br><b>Yoga</b><br>FRANCESCA          | 13.00 - 14.00<br><b>Pilates avanzato</b><br>SABRINA        | 13.00 - 14.00<br><b>Yoga</b><br>FRANCESCA          | 13.00 - 14.00<br><b>Pilates avanzato</b><br>SABRINA      |   |
| 14.30 - 15.30<br><b>Pump</b><br>LAURA                      |  | 14.30 - 15.30<br><b>P.H.A.</b><br>SABRINA                  |  |  |   |
| 15.30 - 16.00<br><b>Stretching</b><br>DALILA               |  |  |  |  |   |
| 16.00 - 17.00<br><b>Pilates</b><br>DALILA                  | 16.00 - 17.00<br><b>Pilates</b><br>SABRINA         | 16.00 - 17.00<br><b>Pilates</b><br>SABRINA                 | 16.00 - 17.00<br><b>Pilates</b><br>SABRINA         | 16.00 - 17.00<br><b>Pilates</b><br>DALILA                |   |
| 17.00 - 17.30<br><b>Addome e Glutei</b><br>LAURA           | 17.15 - 18.00<br><b>Functional Trx</b><br>ANDREA   | 17.00 - 17.30<br><b>Addome</b><br>LAURA                    | 17.15 - 18.00<br><b>Functional Trx</b><br>ANDREA   | 17.00 - 17.30<br><b>Addome e Glutei</b><br>LAURA         |   |
| 17.30 - 18.30<br><b>g.a.g.</b><br>LAURA                    | 18.00 - 18.45<br><b>Booty UP</b><br>ANDREA         | 17.30 - 18.30<br><b>Total body</b><br>LAURA                | 18.00 - 18.45<br><b>Booty UP</b><br>ANDREA         | 17.30 - 18.30<br><b>Pump</b><br>LAURA                    |   |
| 18.30 - 19.15<br><b>Zumba</b><br>MARTINA                   | 18.45 - 19.30<br><b>Power Heart Beat</b><br>ANDREA | 18.30 - 19.15<br><b>Zumba</b><br>MARTINA                   | 18.45 - 19.30<br><b>Power Heart Beat</b><br>ANDREA | 18.30 - 19.15<br><b>Pilates</b><br>GIADA                 |   |
| 19.15 - 20.00<br><b>Piloga (Pilates e Yoga)</b><br>GENNARO | 19.30 - 20.15<br><b>Yoga</b><br>NICOLE             | 19.15 - 20.00<br><b>Piloga (Pilates e Yoga)</b><br>GENNARO | 19.30 - 20.15<br><b>Yoga</b><br>FRANCESCA          | 19.15 - 20.00<br><b>Piloga (Pilates e Yoga)</b><br>GIADA |   |
| 20.00 - 21.00<br><b>Fit Boxe</b><br>NICOLE                 | 20.15 - 21.15<br><b>Total body</b><br>ANDREA       | 20.00 - 21.00<br><b>Fit Boxe</b><br>NICOLE                 | 20.15 - 21.15<br><b>Funzionale</b><br>ANDREA       |  |   |