

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