

		LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.00	F	Pilates Mat* Alexandra	Ginn.Dolce* Stefania	Fit Balance* Alexandra	Ginn.Dolce* Stefania	Postural Yoga* Alexandra	Postural T.* Simona
	W		9.00 Pilates Mat* Nicoletta		9.00 Pilates Mat.* Nicoletta		
10.00	F	Postural Yoga* Alexandra	Postural T.* Stefania	Pilates Mat.* Alexandra	Postural T.* Stefania	Fit Balance* Alexandra	AeroFit Simona
13.30	F	Tone Up Alexandra	FunctionalBoxing Matteo	Pilates Mat.* Alessia	FnctionalBoxing Matteo	Pilates Mat.* Alessia	
16.00						W Cardiopilates* Nicoletta	
16.00	F	Cardiopilates* Nicoletta		Cardiopilates* Nicoletta		Total Body Ale	
17.00	F	Pump's Art Ale		Tone Up Ale		AeroFit Simona	
17.15	W	Ginn.Dolce* Cristina		Ginn.Dolce* Cristina		Ginn.Dolce* Cristina	
18.00	F	Step Tone Simona	Total Body Mirko	Pump's Art Simona	Step & Tone Mirko	Pump's Art Simona	
18.15	W	Pilates Mat.* Cristina	Postural T.* Alessia	Cardiopilates* Cristina	Postural T.* Alessia	Pilates Tools* Cristina	
19.00	F	GAG Simona	Functional Dario	Interval Training Simona	Functional Dario	FnctionalBoxing Matteo	
19.15			Stretch & Tone* Alessia		Stretch & Tone* Alessia		
20.00	F	FnctionalBoxing Matteo		FnctionalBoxing Matteo			