

		LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.00	W	Pilates Mat* Alexandra	Postural T* Stefania	Fit Balance* Alexandra	Ginn.Dolce* Stefania	Postural Yoga* Alexandra	Postural T.* Simona
9.15	F	Total Body Giusy	9.00 W Pilates Mat* Nicoletta	Circuit Training Giusy	9.00 Pilates Mat.* Nicoletta	GAG	
10.00	W	Postural Yoga* Alexandra	Ginnastica Dolce* Stefania	Pilates Mat.* Alexandra	Postural T.* Stefania	Fit Balance* Alexandra	AeroFit Simona
10.15	F	Postural T.* Giusy	10.00 W Tonic Zone Eugenia	Postural T.* Giusy	10.00 W Tonic Zone Eugenia	Postural T.* Giusy	
11.00			W Stretching* Ale			W Stretching* Ale	Zumba Simona
11.15	F	Postural Pilates* Giusy		Postural T.* Giusy		PilatesGym* Giusy	
13.30	W	Vinyasa Yoga* Emanuela		Vinyasa Yoga* Emanuela		F Pilates Mat.* Alessia	
13.30	F	Tone Up Alexandra	FunctionalBoxing Matteo	Pilates Mat.* Alessia	FunctionalBoxing Matteo	16.00 W CardioPilates*	
16.00	F	CardioPilates* Nicoletta	Postural T.* Giusy	CardioPilates* Nicoletta	Postural T.* Giusy	Total Body Ale	
17.00	F	Pump's Art Ale	GAG Giusy	Tone Up Ale	Postural T.* Circuit Training	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	Functional Boxing Matteo	
19.15	W	Postural T.* Luana	Pilates & Tone* Alessia	Postural T.* Luana	Pilates & Tone* Alessia	Postural T.* Luana	
20.00	F	FunctionalBoxing Matteo		FunctionalBoxing Matteo			