





LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
			8:30 75'	RAJA YOGA Bianca	S 1	7:15 45'	FUNCTIONAL TRAINING Alfredo	S 1				8:30 90'	RAJA YOGA Bianca	S 1			
10:00 60'	CARDIO TONE Carmen	S 1	10:00 45'	SOFT TONE Zoe	S 1	10:00 45'	TOTAL BODY Monica	S 1	10:00 45'	CARDIO TONE Matteo	S 1	10:00 45'	SOFT TONE Francesca	S 1	10:30 30'	FLEXIBILITY Ilaria	S 1
11:00 30'	GAG Carmen	S 1	10:45 30'	FUNCTIONAL ABS Zoe	S 1	10:45 30'	FLEXIBILITY Monica	S 1	10:45 30'	FUNCTIONAL ABS Matteo	S 1	10:45 75'	HATHA YOGA Francesca	S 1	11:00 60'	CIRCUIT T. Ilaria	S 1
11:30 30'	STRETCHING Carmen	S 1	11:15 45'	CARDIO TONE Zoe	S 1	11:15 45'	PILATES BASE Monica	S 1	11:15 45'	ZUMBA FITNESS Matteo	S 1				12:00 30'	RI-GENERATION Ilaria	S 1
			12:00	EMOTION PILATES Grazyna	S 1	12:00 60'	FUNCTIONAL Monica	S 1	12:15 45'	FLEXIBILITY Matteo	S 1	12:00	EMOTION PILATES Grazyna	S 1			
13:00 60'	PILATES BASE Monica	S 1	13:15 45'	TOTAL BODY Carmen	S 1	13:00 60'	PILATES INT. Monica	S 1	13:00 60'	FUNCTIONAL WORKOUT Matteo	S 1	13:15 45'	TOTAL BODY Carmen	S 1			
						14:30 60'	FIT BALANCE Maria Grazia	S 1									
15:00 60'	POSTURAL Monica	S 1	15:00 60'	PILATES MAT Carmen	S 1	15:30 60'	POSTURAL Maria Grazia	S 1				15:00 60'	PILATES MAT Carmen	S 1			
18:30 45'	TOTAL WORKOUT Simona	S 1				18:30 60'	PILATES MAT Giulia	S 1				18:00 45'	TOTAL BODY Guenda	S 1			
19:15 60'	WALK & FIT Simona	S 1	19:15 45'	CIRCUIT TRAINING Alfredo	S 1	19:30 60'	RI-GENERATION Giulia	S 1	19:30 60'	FUNCTIONAL WORKOUT Alfredo	S 1	18:45 45'	WALK UP Guenda	S 1			
20:15 45'	FLEX & YOGA Simona	S 1	20:00 15'	FUNCTIONAL ABS Alfredo	S 1				20:30 30'	STRETCHING & ABS Alfredo	S 1						
			20:30 45'	FUNCTIONAL WORKOUT Alfredo	S 1												

INTENSO 

INTERMEDIO 

BODY & MIND 

FITNESS MUSICALE 

SALA CORSI S1

SALA PERSONAL S2

Il palinsesto può subire variazioni nel corso dell'anno secondo, stagionalità, disponibilità ed esigenze. Ogni eventuale variazione verrà comunicata.