

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:10 - 10:00		POSTURAL	YOGA POSTURAL		POSTURAL	
13:10 - 14:00	CORE SPINNING	MILITARY FIT	KETTLEBELL	TOTAL BODY	YOGA	
13:15 - 14:05		YOGA				SPINNING
14:10 - 15:00						TOTAL WORKOUT
17:40 - 18:30	KETTLEBELL					
18:15 - 19:15	PILATES					
18:30 - 19:30	TOTAL FIT	YOGA	GARUDA PILATES	FIT-BOXE	KETTLEBELL	
		POWER LIFTING		ADVANCED PILATES		
18:30 - 20:00			SPINNING LONG RIDE		EASY PILATES	
19:15 - 20:15	PILATES					
19:30 - 20:30		PUSH UP		FREE FIGHT		
		DYNAMIC FORCE				