

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:10 - 10:00	YOGA POSTURALE	POSTURALE	YOGA POSTURALE		POSTURALE	
12:00 - 13:00						SPINNING
13:10 - 14:00	CORE SPINNING	MILITARY FITNESS	KETTLEBELL	TONIFICAZIONE	YOGA OLD SCHOOL	TOTAL FIT
13:05 - 14:05		YOGA				
17:40 - 18:30	KETTLEBELL					
18:15 - 19:15	PILATES					
18:30 - 19:30	TOTAL FIT	YOGA POWER LIFTING	GARUDA PILATES	FIGHT SHOCK ADV. PILATES	KETTLEBELL YOGA	
18:30 - 20:00			SPINNING LONG RIDE			
19:15 - 20:15	PILATES					
19:30 - 20:30		CIRCUITO FUNZIONALE		FREE FIGHT		