

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