



ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
06.45 - 07.30	Yoga	Pilates	Gag	Pilates	Yoga	
08.00 - 08.45	Spinning	Yoga	Posturale	Yoga	Spinning	
09.30 - 10.15	Body Tone	Spinning	Yoga	Body Tone	Gag	Risveglio Muscolare
10.30 - 11.15	Walking			Walking		Walking
11.30 - 12.15	Step	Boxing	Step	Boxing	Step	Spinning
12.45 - 13.30	Spinning	Yoga	Spinning	Yoga	Spinning	Step
14.00 - 14.45	Body Tone	Spinning	Body Tone	Spinning	Body Tone	Pilates
15.00 - 15.45	Gag	Step	Gag	Step	Gag	Gag
16.30 - 17.15	Posturale	Gag	Posturale	Gag	Posturale	Yoga
17.30 - 18.15	Spinning	Pilates	Fit Dance	Pilates	Fit Dance	
18.30 - 19.15	Pilates	Yoga	Pilates	Spinning	Pilates	
19.30 - 20.15	Body Tone	Fit Dance	Spinning	Fit Dance	Body Tone	