

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
PAUSA PRANZO 13.00 - 14.00 SALA GIALLA	PILATES		CORE TRAINING		PILATES	
SERA 18.30 - 19.30 SALA GIALLA	FUNCTIONAL TRAINING	SPINNING	CORE TRAINING	FUNCTIONAL TRAINING		
SERA 19.30 - 20.30 SALA GIALLA	PILATES	SPINNING		PILATES		
PAUSA PRANZO 13.00 - 14.00 SALA ARANCIONE				SPINNING		SPINNING (13.30 - 14.30)
SERA 18.30 - 19.30 SALA ARANCIONE	SPINNING	YOGA		SPINNING		
SERA 19.30 - 20.30 SALA ARANCIONE	SPINNING		SPINNING	SPINNING		
SERA 18.30 - 20.00 SALA VERDE	KICK BOXING	KRAV MAGA	KICK BOXING	KRAV MAGA	KICK BOXING	