



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
WALKING 09:00 - 09:45	<b>PILATES DYNAMIC</b> 09:00 - 09:45	WALKING 09:00 - 09:45	<b>PILATES DYNAMIC</b> 09:00 - 09:45	<b>FISIOPOSTURAL</b> 09:00 - 10:00	<b>PILATES EVOLUTION</b> 09:15 - 10:00 ⚡
<b>POSTURAL FIT</b> 09:00 - 10:00	BODY C.T. 10:00 - 10:45	<b>FISIOPOSTURAL</b> 09:00 - 10:00	BODYWEIGHT TONE 10:00 - 10:45	<b>FUNCTIONAL BASE</b> 09:30 - 10:45	<b>CYCLING</b> 09:30 - 10:20
<b>FUNCTIONAL BASE</b> 09:30 - 10:45	<b>POSTURAL FIT</b> 10:00 - 11:00	<b>FUNCTIONAL BASE</b> 09:30 - 10:45	<b>POSTURAL FIT</b> 10:00 - 11:00	METABOLIC TRAIN. 10:00 - 10:45	WALKING 10:30 - 11:15
PUMPEVOLUTION 10:00 - 10:45	<b>POSTURAL FIT</b> 11:05 - 12:05	GTC 10:00 - 10:45	<b>POSTURAL FIT</b> 11:05 - 12:05	<b>FISIOPOSTURAL</b> 10:05 - 11:05	<b>CYCLING</b> 10:30 - 11:20
<b>POSTURAL FIT</b> 10:05 - 11:05	METABOLIC TRAIN. 13:30 - 14:15	<b>FISIOPOSTURAL</b> 10:05 - 11:05	BODY C.T. 13:30 - 14:15	GAG 13:30 - 14:15	
G.O.T. 13:30 - 14:15	<b>PILATES</b> 13:30 - 14:15	<b>TOTAL BODY</b> 13:30 - 14:15	<b>PILATES</b> 13:30 - 14:15	<b>CYCLING</b> 13:30 - 14:20	<b>DOMENICA</b>
<b>CYCLING</b> 13:30 - 14:20	<b>ZUMBA</b> 17:15 - 18:00	<b>CYCLING</b> 13:30 - 14:20	<b>ZUMBA</b> 17:15 - 18:00	BODY C.T. 17:45 - 18:30	<b>CYCLING</b> 09:30 - 10:20
<b>PILATES TONE</b> 17:30 - 18:15	FIT BOXE 17:45 - 18:30	<b>PILATES TONE</b> 17:30 - 18:15	FIT BOXE 17:45 - 18:30	<b>OVALBALL PILATES</b> 18:00 - 18:45	<b>CYCLING</b> 10:30 - 11:20
GTC 17:45-18:30	<b>OVALBALL PILATES</b> 18:05 - 18:50	BODYWEIGHT FIT 17:55 - 18:40	<b>OVALBALL PILATES</b> 18:05 - 18:50	<b>CYCLING</b> 18:30 - 19:20	<b>CYCLING</b> 11:30 - 12:20
<b>FISIOPOSTURAL</b> 18:20 - 19:20	<b>CYCLING</b> 18:30 - 19:20	<b>FISIOPOSTURAL</b> 18:20 - 19:20	<b>CYCLING</b> 18:30 - 19:20	METABOLIC 18:35 - 19:20	
<b>CYCLING</b> 18:30 - 19:20	<b>TOTAL BODY</b> 18:35 - 19:20	<b>CYCLING</b> 18:30 - 19:20	<b>TOTAL BODY</b> 18:35 - 19:20	<b>FISIOPOSTURAL</b> 19:00 - 20:00	
<b>FUNCTIONAL STEP</b> 18:45 - 19:30	<b>FUNCTIONAL</b> 19:00 - 19:45	WALKING BODY CT 18:45 - 19:30	<b>FUNCTIONAL</b> 19:00 - 19:45	<b>CYCLING</b> 19:35 - 20:25	
<b>PILATESTRETCH</b> 19:30 - 20:15	<b>OVALBALL PILATES</b> 19:00 - 19:45	<b>FUNCTIONAL</b> 19:30 - 20:15	<b>OVALBALL PILATES</b> 19:00 - 19:45	<b>FULL WORKOUT</b> 19:45 - 20:30	
<b>CYCLING</b> 19:35 - 20:25	KGT 19:25 - 20:10	<b>PILATESTRETCH</b> 19:30 - 20:15	GTC 19:25 - 20:10		
AEROBOX 19:45 - 20:30	<b>CYCLING</b> 19:35 - 20:25	<b>CYCLING</b> 19:35 - 20:25	<b>CYCLING</b> 19:35 - 20:25		
	<b>POSTURAL STABILITY</b> 20:00 - 21:00	<b>TABAFIT</b> 19:45 - 20:30	<b>POSTURAL STABILITY</b> 20:00 - 21:00		