










Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato	
9:30-10:30 Giulia F.	YOGA	9:30-10:15 Mariagrazia M.	PILATES	9:30-10:15 Jarol G.		9:30-10:15 Rosa S.	PILATES	9:30-10:30 Giulia F.	YOGA	10:00-10:45 Ilona R.	YOU PUMP
10:35-11:20 Cecilia L.	TOTAL TONE	10:20-11:05 Mariagrazia M.	PILATES advanced	10:20-11:05 Jarol G.	G.A.G.	10:20-11:05 Rosa S.	PILATES advanced	10:35-11:20 Laura M.	TOTAL TONE	10:50-11:35 Ilona R.	TABATA
11:25-12:10 Cecilia L.	PILATES	11:10-11:55 Mariagrazia M.	FUN & TONE	11:10-12:10 Giulia F.	YOGA	11:10-11:55 Rosa S.	FUN & TONE	11:25-12:10 Laura M.	PILATES	11:40-12:25 Ilona R.	PILATES
13:00-14:00 Luca B.	FIT BOXE	13:00-14:00 Ilona R.	YOU PUMP	13:00-14:00 Jana R.		13:00-14:00 William C.	TOTAL TONE	13:00-14:00 Ilona R.	TABATA	15:00-15:45 Jarol G.	
16:30-17:15 Laura M.	PILATES	16:50-17:50 Jarol G.	TOTAL TONE	16:30-17:15 Mariagrazia M.	PILATES	16:30-17:15 Ilona R.	G.A.G.	16:30-17:15 Jarol G.	TOTAL TONE	15:50-16:35 Jarol G.	TOTAL TONE
17:20-18:05 Laura M.	YOU PUMP	18:00-18:45 Jana R.		17:20-18:05 Mariagrazia M.	G.A.G.	17:20-18:05 Ilona R.	YOU PUMP	17:20-18:05 Jarol G.		Domenica	
18:10-18:55 Laura M.		18:50-19:35 Jana R.		18:10-18:55 Mariagrazia M.	CARDIO TONE UP	18:10-18:55 Ilona R.	PILOGA	18:10-18:55 William C.	FIT BOXE	11:00-11:45 Alessandro C.	CIRCUIT TRAINING
19:00-19:45 William C.		19:40-20:25 Jana R.	G.A.G.	19:00-19:45 Mariagrazia M.	PILATES	19:00-19:45 Ilona R.	TABATA	19:00-19:45 William C.	TOTAL TONE	11:50-12:35 Alessandro C.	CARDIO TONE
19:50-20:35 William C.	PILATES	20:30-21:15 Jana R.		19:50-20:35 Mariagrazia M.	TOTAL TONE	19:50-20:35 Ilona R.	KARDIO KOMBAT	19:50-20:35 William C.	PILATES	16:00-16:45 Ilona R.	G.A.G.
20:40-21:25 William C.	FIT BOXE			20:40-21:40 Giulia F.	YOGA					16:50-17:35 Ilona R.	PILOGA
19:00-19:45 SALA FUNCTIONAL	FUNCTIONAL TRAINING	19:00-19:45 SALA FUNCTIONAL	FUNCTIONAL TRAINING			19:00-19:45 SALA FUNCTIONAL	FUNCTIONAL TRAINING				
20:00-20:45 SALA FUNCTIONAL	FUNCTIONAL TRAINING	20:00-20:45 SALA FUNCTIONAL	FUNCTIONAL TRAINING			20:00-20:45 SALA FUNCTIONAL	FUNCTIONAL TRAINING				

Attività Cardiovascolare	Attività Corpo&Mente
Attività di Tonificazione	Attività Funzionali