


| 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 Giulia F. | 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 Giulia F. | PILATES | 11:10-11:55 Mariagrazia M. | FUN & TONE | 11:10-12:10 Elisa D. | 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 William C. | G.A.G. | 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 | 19:50-20:50 Elisa D. | YOGA | 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 Rachele A. | 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 | | | | |

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| Attività Cardiovascolare | Attività Corpo&Mente |
| Attività di Tonificazione | Attività Funzionali |