

MERCOLEDI' 27		GIOVEDI' 28		VENERDI' 29		SABATO 30
SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA
	9.50 -10.30 SUSPENSION TRAINING Emanuele	8.30 -9.20 FUNCTIONAL PILATES Giada		9.10 – 10.00 GAG Alice		10.00 – 10.40 POWER WALK
	10.35 -11.35 HATHA YOGA Valentina		10.30 – 11.20 PILATES PICCOLI GRUPPI* Stefania	10.10 – 11.00 POSTURAL PILATES Alice		
13.00 – 14.00 HATHA YOGA Erica		13.00 – 13.50 PILATES Stefania		12.40 -13.30 FUNCTIONAL PUMP Alice		
18.30-19.20 FUNCTIONAL PUMP Alice	18.30 – 19.10 POWER WALK Liberata					
19.25 -20.15 PILATES Michelle	19.10 – 19.50 POWER WALK Liberata	18.00 – 18.50 FITNESS IN VOLO Giada	18.30 – 19.20 PILATES Michelle	18.00 – 18.50 ZUMBA TONING Liberata	17.20 – 18.00 SUSPENSION TRAINING Emanuele	
	20.05 – 21.05 HATHA YOGA Valentina	19.00 – 19.50 TOTAL BODY Giada	19.30 – 20.10 SUSPENSION TRAINING Alice	19.00 – 19.50 POWER PUMP Liberata	19.00 – 20.00 KRAV MAGA* Andrea	
		20.00 – 20.50 POSTURAL MIOFASCIALE Giada				
		21.00 – 22.00 YOGA IN VOLO Giada				



MARTEDI' 2		MERCOLEDI' 3		GIOVEDI' 4		VENERDI' 5	
SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA
9.10 – 10.00 GAG Giada			9.50 -10.30 SUSPENSION TRAINING Emanuele	8.30 -9.20 FUNCTIONAL PILATES Giada		9.10 – 10.00 GAG Alice	
10.10 – 11.00 POSTURAL PILATES Giada	10.30 – 11.20 PILATES PICCOLI GRUPPI* Stefania		10.35 -11.35 HATHA YOGA Valentina		10.30 – 11.20 PILATES PICCOLI GRUPPI* Stefania	10.10 – 11.00 POSTURAL PILATES Alice	
13.00 – 13.50 PILATES Stefania		13.00 – 14.00 HATHA YOGA Erica		13.00 – 13.50 PILATES Stefania		12.40 -13.30 FUNCTIONAL PUMP Alice	
18.20 – 19.10 FUNCTIONAL TRAINING Luisa D.		18.30-19.20 FUNCTIONAL PUMP Alice	18.30 – 19.10 POWER WALK Liberata	18.00 – 18.50 FITNESS IN VOLO Giada	18.30 – 19.20 PILATES Michelle		
19.15 – 20.05 ONEKOR NRG Luisa D.	19.30 – 20.10 SUSPENSION TRAINING Giada	19.25 -20.15 PILATES Michelle	19.10 – 19.50 POWER WALK Liberata	19.00 – 19.50 TOTAL BODY Giada	19.30 – 20.10 SUSPENSION TRAINING Luisa D.	18.00 – 18.50 ZUMBA FITNESS Marta	17.20 – 18.00 SUSPENSION TRAINING Emanuele
20.30 – 21.30 YOGA IN VOLO Giada	20.45 – 21.45 KRAV MAGA* Andrea		20.05 – 21.05 HATHA YOGA Valentina	20.00 – 20.50 POSTURAL MIOFASCIALE Giada		19.00 – 19.50 GAG Marta	19.00 – 20.00 KRAV MAGA* Andrea
				21.00 – 22.00 YOGA IN VOLO Giada			

GLI ORARI POTREBBERO SUBIRE DELLE VARIAZIONI

<u>GIORNO</u>	<u>DATA</u>	<u>ORARIO APERTURA</u>
DOMENICA	24	9.00-13.00
LUNEDÌ	25	CHIUSO
MARTEDÌ	26	CHIUSO
MERCOLEDÌ	27	8.00-22.00
GIOVEDÌ	28	8.00-22.00
VENERDÌ	29	8.00-22.00
SABATO	30	9.00-18.00
DOMENICA	31	9.00-13.00
LUNEDÌ	1	CHIUSO
MARTEDÌ	2	8.00-22.00
MERCOLEDÌ	3	8.00-22.00
GIOVEDÌ	4	8.00-22.00
VENERDÌ	5	8.00-22.00
SABATO	6	CHIUSO
DOMENICA	7	9.00-13.00

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