

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO
SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA
8.30 – 9.10 PILATES Giada		8.30 – 9.10 TOTAL BODY Fabio		8.30 -9.10 FIT WALKING POWER Fabio		8.30 – 9.10 PILATES Luisa D.				
9.20 – 10.00 PILATES SEDIA Giada		9.20 – 10.00 FLEXIBLE STRENGTH Fabio		9.20-10.00 POSTURAL PILATES Fabio				9.10 – 9.50 GAG Fabio		
			10.30- 11.20 PILATES* PICCOLI GRUPPI Stefania				10.30 - 11.20 PILATES* PICCOLI GRUPPI Stefania	10.00 – 10.40 POSTURAL TRAINING Fabio	10.30 – 11.30 PILATES MAMMA & BAMBINO* Michelle	10.10 – 10.50 FIT WALKING POWER Luisa B.
12.40 – 13.20 TOTAL BODY		13.00 – 13.40 PILATES Stefania				13.00 – 13.40 PILATES Stefania		12.40 – 13.20 FUNCTIONAL PUMP Fabio		
			16.30 – 19.10 HIP – HOP Con Sweet Devils						16.30 – 19.10 HIP – HOP Con Sweet Devils	
17.40 – 18.20 POSTURAL PILATES Giada				17.40 – 18.20 JOINT MOBILITY Liberata		17.40 – 18.20 STRONG Luisa D.	17.15 – 18.15 KALISTENICS Dai 15 anni	17.00 – 17.50 DANZA IN VOLO 12-16 anni		
18.30 – 19.10 PILATES Giada		18.20 – 19.00 FUNCTIONAL TRAINING Luisa D.		18.30 - 19.10 DANCE & FITNESS Liberata	18.30 - 19.10 FIT WALKING Luisa B.	18.30 - 19.10 FUNCTIONAL PILATES Luisa D.	18.15 – 19.05 PILATES IN GRAVIDANZA* Michelle	18.00 – 18.40 FIT WALKING Luisa B.		
19.20 – 20.00 FUNCTIONAL TRAINING Liberata	19.20 – 20.10 HATHA YOGA Giada	19.15 – 19.55 STEP & TONE Luisa D.	19.15 – 19.55 FIT WALKING Luisa B.	19.20 – 20.00 PILATES Giada	19.20 – 20.00 FIT WALKING Luisa B.	19.25 – 20.05 TOTAL BODY Luisa B.	19.35 -20.15 SUSPENSION TRAINING Giada	18.50 – 19.30 TOTAL BODY Luisa B.	19.30 – 20.10 PILATES Giada	
20.10 – 20.50 POWER PUMP Liberata	20.15 – 20.55 PILATES CON LA SEDIA Giada	20.10 - 20.50 INDOOR CYCLING Luisa B.	20.05 -20.45 SUSPENSION TRAINING Fabio	20.10-21.00 YOGA IN VOLO Giada		20.15 – 20.55 INDOOR CYCLING Luisa B.	20.25 – 21.05 POSTURAL MIOFASCIALE Giada	20.20 – 21.00 GINNASTICA IPOPRESSIVA* Giada		
21.10 – 21.50 POSTURAL TRAINING Giada	21.00- 22.00 DANZA DEL VENTRE Samantha					21.15 – 21.55 MEDITAZIONE Giada				