

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 PILATES Luisa D.		8.30 – 9.10 FIT WALKING Anna Z.		
9.20 – 10.00 PILATES SEDIA Giada		9.20 – 10.00 FLEXIBLE STRENGTH Fabio		9.20-10.00 POSTURAL PILATES Fabio		9.20 – 10.00 STEP & TONE Luisa D.		9.20 – 10.00 POSTURAL TRAINING Fabio		
			10.30- 11.20 PILATES* PICCOLI GRUPPI Stefania				10.30- 11.20 PILATES* PICCOLI GRUPPI Stefania			10.10 – 10.50 FIT WALKING POWER Luisa B.
		13.00 – 13.40 PILATES Stefania				13.00 – 13.40 PILATES Stefania		13:00 – 13:40 TOTAL BODY METABOLICO Giada		
			16.30 – 18.30 HIP – HOP Con Sweet Devils						16.30 – 18.30 HIP – HOP Con Sweet Devils	
17.40 – 18.20 POSTURAL PILATES Giada				17.40 – 18.20 JOINT MOBILITY Liberata	17.30 – 18.20 PILATES MAMMA & BAMBINO* Giada	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* Giada	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.	19.25 -20.05 SUSPENSION TRAINING Giada	18.50 – 19.30 TOTAL BODY Luisa B.		
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.	20.15 – 20.55 POSTURAL MIOFASCIALE Giada	19.35 – 20.15 PILATES Giada		
21.10 – 21.50 POSTURAL TRAINING Giada	21.00- 22.00 DANZA DEL VENTRE Samantha									