

<b>Lunedì</b>	<b>Martedì</b>	<b>Mercoledì</b>	<b>Giovedì</b>	<b>Venerdì</b>	<b>Sabato</b>
<b>CARDIO TONIC</b> CARDIO 08:30	<b>FIT PILATES</b> EQUILIBRIO 08:30	<b>CARDIO STEP</b> CARDIO 08:30	<b>FIT PILATES</b> EQUILIBRIO 08:30	<b>CARDIO TONIC</b> CARDIO 08:30	<b>STRENGTH &amp; CORE</b> FORZA 09:00
<b>POSTURAL GYM</b> EQUILIBRIO 09:30	<b>STRENGTH &amp; CORE</b> FORZA 09:30	<b>BODY TONIC</b> CARDIO 09:30	<b>STRENGTH &amp; CORE</b> FORZA 09:30	<b>POSTURAL GYM</b> EQUILIBRIO 09:30	<b>CARDIO TONIC</b> CARDIO 10:00
<b>FIT PILATES</b> EQUILIBRIO 11:00		<b>FIT PILATES</b> EQUILIBRIO 11:00		<b>FIT PILATES</b> EQUILIBRIO 11:00	<b>RED CORD BALANCE</b> EQUILIBRIO 11:00
<b>SMART TRAINING</b> EQUILIBRIO 12:30	<b>CARDIO STEP</b> CARDIO 12:30	<b>SMART TRAINING</b> EQUILIBRIO 12:30	<b>CARDIO STEP</b> CARDIO 12:30	<b>BODY TONIC</b> CARDIO 12:30	
		<b>SMART TRAINING</b> EQUILIBRIO 13:20			
<b>CARDIO TONIC</b> CARDIO 18:15	<b>DYNAMIC CIRCUIT</b> CARDIO 18:15	<b>CARDIO CIRCUIT</b> CARDIO 18:15	<b>DYNAMIC CIRCUIT</b> CARDIO 18:15	<b>CARDIO TONIC</b> CARDIO 18:15	
<b>CARDIO STEP</b> CARDIO 19:15		<b>SALA2 RED CORD BALANCE</b> EQUILIBRIO 18:15		<b>CARDIO STEP</b> CARDIO 19:15	
<b>SALA2 STRENGTH &amp; CORE</b> FORZA 19:15	<b>CROSS TRAINING</b> FORZA 19:15	<b>CARDIO CIRCUIT</b> CARDIO 19:15	<b>CROSS TRAINING</b> FORZA 19:15		
<b>YOGA</b> EQUILIBRIO 20:15	<b>FIT PILATES</b> EQUILIBRIO 20:15	<b>SALA2 RED CORD BALANCE</b> EQUILIBRIO 19:15	<b>FIT PILATES</b> EQUILIBRIO 20:15		
		<b>YOGA</b> EQUILIBRIO 20:15			

**LEGENDA:**



FUNZIONALE | POSTURALE



MUSICALE | CARDIO