

LUNEDI	
SALA 1	SALA 2
8,30 / 9,15 <b>FUNCTIONAL TRAINING</b> Sara S.	
9,30 / 10,15 <b>PILATES</b> Francesca	9,15 / 10,00 <b>POSTURALE</b> Sara S.
10,15 / 11,15 <b>LONGAGE</b> Francesca	
	10,45 / 11,30 <b>SOFT TOTAL BODY</b> Giusy
13,00 / 14,00 <b>LONGAGE</b> Giusy	
14,00 / 14,45 <b>PILATES</b> Mara	
18,15 / 19,00 <b>TRX</b> Andrea	
19,00 / 19,45 <b>PILATES</b> Nilca	

MARTEDI	
SALA 1	SALA 2
8,30 / 9,15 <b>TRX POSTURALE</b> Andrea	8,30 / 9,15 <b>UPPER BODY</b> Antonella
9,15 / 10,15 <b>LONGAGE</b> Sara A.	9,30 / 10,30 <b>DANZA FIT</b> Daniela
10,15 / 11,00 <b>PILATES</b> Sara A.	10,30 / 11,30 <b>FLOOR BARRE</b> Daniela
13,00 / 14,00 <b>TOTAL BODY CIRCUIT</b> Antonella	
18,00 / 18,45 <b>STEP&amp;CORE</b> Michela	
18,45 / 19,30 <b>CIRCUIT TRAINING</b> Michela	

MERCOLEDI	
SALA 1	SALA 2
8,30 / 9,15 <b>BALANCE &amp; ROLLER</b> Sara S.	
9,30 / 10,15 <b>PILATES</b> Francesca	9,15 / 10,00 <b>ELASTIC ART TRAINING</b> Daniela
10,15 / 11,15 <b>LONGAGE</b> Francesca	
	10,45 / 11,30 <b>SOFT TOTAL BODY</b> Giusy
13,00 / 14,00 <b>WORKOUT</b> Francesca	
14,00 / 14,45 <b>PILATES</b> Mara	
18,15 / 19,00 <b>BALANCE</b> Nilca	
19,00 / 19,45 <b>TRX</b> Andrea	

GIOVEDI	
SALA 1	SALA 2
8,45 / 9,30 <b>PILATES</b> Sara A.	8,45 / 9,30 <b>UPPER BODY</b> Antonella
9,30 / 10,30 <b>LONGAGE</b> Sara A.	9,30 / 10,30 <b>DANZA FIT</b> Daniela
10,30 / 11,15 <b>TRX POSTURALE</b> Andrea	10,30 / 11,30 <b>FISIOTECNICA</b> Daniela
	18,15 / 19,00 <b>PUMP</b> Dayana
	19,00 / 19,45 <b>PILATES</b> Daniela

VENERDI	
SALA 1	SALA 2
8,30 9,30 <b>LONGAGE</b> Sara S.	
9,30 / 10,15 <b>POSTURALE</b> Sara S.	9,00 / 9,45 <b>PILATES</b> Daniela
10,15 / 11,00 <b>ELASTIC ART TRAINING</b> Daniela	
13,00 / 14,00 <b>TOTAL BODY CIRCUIT</b> Antonella	
14,00 / 14,45 <b>PILATES</b> Mara	