

SALA A	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
09:00 - 09:50	POSTURALE	GINN 3° ETA'	GINN. SOFT	GINN 3° ETA'	POSTURALE		
10:00 - 10:50		TOTAL BODY		TOTAL BODY		SUPER PUMP	
11:00 - 11:50							
11:00 - 12:30							YOGA ^{NEW}
13:30 - 14:20	CIRCUITO BRUCIA GRASSI	INTERVAL TRAINNING		GAG			
16:00 - 16:50	PILATES		PILATES				
17:00 - 17:50	POWER PUMP	TONE UP	TABATA	TONE UP	FUNZIONALE		
18:00 - 18:30		GAG		GAG			
18:00 - 18:50	GYM STEP		STEP SCULPT		PUMP EVOLUTION		
18:30 - 19:20		GYM MUSIC		PUMP			
19:00 - 19:50	MILITAR PUMP		FULL AERODANCE		MILITAR PUMP		
19:30 - 20:20		STEP COREOGRAFATO		STEP COREOGRAFATO			
20:00 - 20:50	BRAZILIAN WORKOUT		MILITAR PUMP		STEP WORKOUT		

SALA B	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
08:00 - 09:30		YOGA ^{NEW}		YOGA ^{NEW}			
10:00 - 10:50						AEROBICA LATINA	
16:30 - 17:20		PREPUGILISTICA		PREPUGILISTICA			
17:30 - 18:20		AEROBICA LATINA		AEROBICA LATINA			
18:00 - 18:50	PILATES		PILATES		PILATES		
18:30 - 19:20		REGGAEPOP		REGGAEPOP			
19:00 - 19:50	PILATES		PILATES		PILATES		
19:30 - 20:20		CARDIO COMBAT		CARDIO COMBAT			
20:30 - 21:20		PREPUGILISTICA		PREPUGILISTICA			

SALA C	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
16:30 - 17:20						
17:30 - 18:20	POSTURALE		GINN. SOFT		POSTURALE	
18:30 - 19:20	POSTURALE	PILATES	POSTURALE	PILATES	POSTURALE	
19:30 - 20:20	STRETCH TONE		POSTURALE		STRETCH TONE	