

# SALA 1

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.00-9.55 TONE UP <i>CON RENATA</i>	9.00-9.55 FIT PILATES <i>CON SILVIA S.</i>	9.00-9.55 EASY GAG <i>CON SILVIA D.M.</i>	9.00-9.55 AEROBICA <i>CON RENATA</i>	9.00-9.55 PILATES PROPS <i>CON SILVIA D.M.</i>	
	10.00-11.25 HATHA YOGA <i>CON SILVIA S.</i>	10.00-10.55 POSTURALE <i>CON SILVIA D.M.</i>	10.00-10.55 FIT PILATES <i>CON SILVIA S.</i>	10.00-10.55 CIRCUIT TRAINING <i>CON SILVIA D.M.</i>	10.00-10.55 TONE UP <i>CON RENATA</i>
		11.00-12.00 GINNASTICA POST PARTO <i>CON SILVIA D.M.</i> *	11.00-12.25 HATHA YOGA <i>CON SILVIA S.</i>	11.00-12.00 ATTIVITA' PER GESTANTI <i>CON SILVIA D.M.</i> *	11.00-11.55 PILATES <i>CON RENATA</i>
11.30-12.25 MOBILITY TRAINING <i>CON SILVIA S.</i>					
13.00-14.00 POWER GAG <i>CON ROCCO</i>	13.15-14.10 TONE UP GAG <i>CON RENATA</i>	13.15-14.10 PILATES <i>CON MARCO</i>	13.15-14.10 GAG <i>CON ELENA</i>	13.15-14.10 PILATES <i>CON MARCO</i>	
17.15-18.10 STRETCHING <i>CON ROCCO</i>	17.15-18.10 PILATES <i>CON RENATA</i>		17.15-18.10 TOTAL BODY <i>CON RENATA.</i>	17.15-18.10 AEROBICA BALLA E BRUCIA <i>CON ROCCO</i>	
18.15-19.10 CIRCUIT JUMP <i>CON RENATA</i>	18.15-19.10 POWER GAG <i>CON ROCCO</i>	18.15-19.10 AEROBICA BALLA E BRUCIA <i>CON ROCCO</i>	18.15-19.10 PHA ALLENAMENTO PER DIMAGRIRE <i>CON SILVIA D.M.</i>	18.15-19.10 STEP <i>CON ROCCO</i>	
19.15-20.10 PILATES <i>CON RENATA</i>	19.15-20.10 AEROBICA BALLA E BRUCIA <i>CON ROCCO</i>	19.15-20.10 STEP <i>CON ROCCO</i>	19.15-20.10 STRETCHING <i>CON SILVIA D.M.</i>	19.15-20.10 POSTURALE <i>CON RUBEN</i>	
20.15-21.10 POSTURALE <i>CON RUBEN</i>		20.15-21.10 PILATES <i>CON RUBEN</i>		20.15-21.10 YOGA <i>CON RUBEN</i>	
21.15-22.10 YOGA <i>CON RUBEN</i>		21.15-22.10 YOGA <i>CON RUBEN</i>		21.15-21.45 MINDFULNESS <i>CON RUBEN</i>	

# SALA 2

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.30-10.25 GINNASTICA DOLCE <i>CON MARCO</i>	9.30-10.25 FUNZIONALE <i>CON MARCO</i>	9.30-10.25 GINNASTICA DOLCE <i>CON MARCO</i>	9.30-10.25 FUNZIONALE <i>CON MICHELA</i>	9.30-10.25 GINNASTICA DOLCE <i>CON MARCO</i>	
10.30-11.25 GINNASTICA DOLCE <i>CON MARCO</i>	10.30-12.30 OPEN <i>IN SALA MARCO</i>	10.30-11.25 GINNASTICA DOLCE <i>CON MARCO</i>	10.30-12.30 OPEN <i>IN SALA MICHELA</i>	10.30-11.25 GINNASTICA DOLCE <i>CON MARCO</i>	10.00-12.00 OPEN <i>IN SALA ELENA O MICHELA</i>
11.30-13.00 OPEN <i>IN SALA MARCO</i>		11.30-13.00 OPEN <i>IN SALA MARCO</i>		11.30-13.00 OPEN <i>IN SALA MARCO</i>	
13.00-14.30 Fit30 <i>CON MICHELA</i>	13.00-14.30 Fit30 <i>CON MICHELA</i>	13.00-14.30 Fit30 <i>CON SILVIA D.M.</i>	13.00-14.30 Fit30 <i>CON MICHELA</i>	13.00-13.3-14.30 Fit30 <i>CON SILVIA D.M.</i>	
15.00-17.55 OPEN <i>IN SALA MICHELA</i>	15.00-16.55 OPEN <i>IN SALA MICHELA</i>	15.00-17.55 OPEN <i>IN SALA MICHELA</i>	15.00-16.55 OPEN <i>IN SALA MICHELA</i>	15.00-17.55 OPEN <i>IN SALA MICHELA</i>	
18.00-18.55 CIRCUITO METABOLICO <i>CON DARIO</i>	18.00-18.55 CIRCUIT TRAINING <i>CON ELENA</i>	18.00-18.55 BODY FOCUS <i>CON DARIO</i>	18.00-18.55 CIRCUIT TRAINING <i>CON GIAMMARCO</i>	18.00-18.55 CIRCUITO METABOLICO <i>CON DARIO</i>	
19.00-19.55 BODY FOCUS <i>CON DARIO</i>	19.00-19.55 BODY FOCUS <i>CON ELENA</i>	19.00-19.55 CIRCUITO METABOLICO <i>CON DARIO</i>	19.00-19.55 CALISTHENICS WORKOUT <i>CON GIAMMARCO</i>	19.00-19.55 BODY FOCUS <i>CON DARIO</i>	
20.00-21.30 OPEN <i>IN SALA DARIO</i>	20.00-21.30 OPEN <i>IN SALA ELENA</i>	20.00-21.30 OPEN <i>IN SALA DARIO</i>	20.00-21.30 OPEN <i>IN SALA GIAMMARCO</i>	20.00-21.30 OPEN <i>IN SALA DARIO</i>	