

LUNEDI					MARTEDI					MERCOLEDI					GIOVEDI					VENERDI						
K1			K2		K1			K2		K1			K2		K1			K2		K1			K2			
studio 1	studio2	studio 3	studio 1	studio2	studio 1	studio2	studio 3	studio 1	studio2	studio 1	studio2	studio 3	studio 1	studio2	studio 1	studio2	studio 3	studio 1	studio2	studio 1	studio2	studio 3	studio 1	studio2		
	6 ³⁰ - 7 ²⁰ Walking Niku						6 ³⁰ - 7 ²⁰ Morning Workout Luca B					6 ³⁰ - 7 ²⁰ Olistik Michela					6 ³⁰ - 7 ²⁰ Circuit Training Ambra						6 ³⁰ - 7 ²⁰ Morning Workout Luca B			
9 ³⁰ - 10 ²⁰ Dynamic Postural Cate S			9 ³⁰ - 10 ²⁰ Power Pump Michela		9 ³⁰ - 10 ²⁰ Pilates Elaine		9 ³⁰ - 10 ²⁰ Body Tonic Alessia					9 ³⁰ - 10 ²⁰ Body Pump Michela		9 ³⁰ - 10 ²⁰ Posturale Cate S		9 ³⁰ - 10 ²⁰ Body Tonic Alessia					9 ³⁰ - 10 ²⁰ Antalgic Gym Luca B		9 ³⁰ - 10 ²⁰ Pilates Elaine			
13 ⁰⁰ - 13 ⁵⁰ Walking Cate S			13 ⁰⁰ - 13 ⁵⁰ Postural Morena		13 ⁰⁰ - 13 ⁵⁰ Fit Boxe Chiara	13 ⁰⁰ - 13 ⁵⁰ Function Training Alessia	13 ⁰⁰ - 13 ⁵⁰ Spinning Cate P.			13 ⁰⁰ - 13 ⁵⁰ Yoga Flex Fit Barbara		13 ⁰⁰ - 13 ⁵⁰ Body Tonic Cate		13 ⁰⁰ - 13 ⁵⁰ Dynamic Postural Cate S	13 ⁰⁰ - 13 ⁵⁰ Body Weight Alessia	13 ⁰⁰ - 13 ⁵⁰ Spinning Cate P.							13 ⁰⁰ - 13 ⁵⁰ Olistik Michela			
16 ⁴⁰ - 17 ³⁰ Dynamic Postural Cate S	16 ⁴⁰ - 17 ³⁰ OCR KIDS Ambra														16 ⁴⁰ - 17 ³⁰ G.A.G. Cate S	16 ⁴⁰ - 17 ³⁰ OCR KIDS Ambra										
17 ⁴⁰ - 18 ³⁰ Function Training Ambra																										
			18 ²⁰ - 19 ¹⁰ Olistik Michela		18 ²⁰ - 19 ¹⁰ Dynamic Postural Elaine	18 ⁴⁰ - 19 ³⁰ Zumba Sofia	18 ³⁰ - 19 ²⁰ Power Cycling Luca B			18 ²⁰ - 19 ¹⁰ Olistik Michela	18 ⁴⁰ - 19 ³⁰ Functional Step Morena	18 ³⁰ - 19 ⁴⁰ Spartan Chris	18 ²⁰ - 19 ¹⁰ aKtive mobility Ambra		18 ⁰⁰ - 18 ⁵⁰ Dynamic Postural Cate S	18 ²⁰ - 19 ¹⁰ Fit Boxe Chiara	18 ⁴⁰ - 19 ³⁰ Spartan Chris	18 ³⁰ - 19 ²⁰ Cardio Cycling Luca B				18 ²⁰ - 19 ¹⁰ Walking Felice	18 ⁰⁰ - 18 ⁵⁰ Zumba Sofia	18 ³⁰ - 19 ²⁰ HIIT Michela		
19 ⁰⁰ - 19 ⁵⁰ Pilates Ale P.	18 ⁴⁰ - 19 ³⁰ Fit Boxe Ambra	18 ³⁰ - 19 ⁴⁰ Spartan Chris	19 ⁰⁰ - 19 ⁵⁰ Functional Training Niku	19 ⁰⁰ - 19 ⁵⁰ Core Training Alessia	19 ²⁰ - 20 ¹⁰ Pilates Elaine	19 ⁰⁰ - 19 ⁵⁰ OCR Niku	19 ³⁰ - 20 ²⁰ Spinning Luca B			19 ²⁰ - 20 ¹⁰ Animal Flow Elaine	19 ⁴⁰ - 20 ³⁰ G.A.G. Morena	19 ⁰⁰ - 19 ⁵⁰ Core Training Alessia	19 ¹⁰ - 20 ⁰⁰ Pump Ambra	19 ³⁰ - 20 ²⁰ HIIT Michela	19 ⁰⁰ - 19 ⁵⁰ Balance & Tone Ale P.	19 ²⁰ - 20 ¹⁰ Pump Daria	19 ⁰⁰ - 19 ⁵⁰ Core Training Alessia	19 ⁰⁰ - 19 ⁵⁰ Core Training Alessia	19 ⁰⁰ - 19 ⁵⁰ Pilates Elaine	19 ⁰⁰ - 19 ⁵⁰ Circuit Training Chris	19 ⁰⁰ - 19 ⁵⁰ Yoga Fit Luca B	19 ⁴⁰ - 20 ³⁰ Stretching Felice				
20 ⁰⁰ - 20 ⁵⁰ Pilates Ale P.	19 ⁴⁰ - 20 ³⁰ Functional Step Morena	19 ⁵⁰ - 20 ⁴⁰ ABD Felice	19 ³⁰ - 20 ²⁰ Pump Michela		20 ²⁰ - 21 ¹⁰ Meditazione Andrea	19 ⁴⁰ - 20 ³⁰ Walking Chris	20 ⁰⁰ - 20 ⁵⁰ RUN Niku			20 ²⁰ - 21 ¹⁰ Meditazione Andrea	19 ⁴⁰ - 20 ³⁰ G.A.G. Morena		20 ⁰⁰ - 20 ⁵⁰ RUN Maserà		20 ⁰⁰ - 20 ⁵⁰ Pilates Ale P.											

SABATO ORE 10:30 CORSO RANDOM

SABATI ALTERNATI ORE 10:00 HATHA YOGA