

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:30-22:30	Sala attrezzi ●		Sala attrezzi ●		Sala attrezzi ●	
08:30-20:00						Sala attrezzi ●
08:30-22:30		Sala attrezzi ●		Sala attrezzi ●		
09:00-09:50	Body Out ●		Body Out ●		Body Out ●	
09:00-10:00		Pump ●		Jumping ●		
09:00-10:00		Ginnastica Adattata		Ginnastica Adattata		
09:50-10:40	Body Out ●		Body Out ●		Body Out ●	
10:00-11:00		Ginnastica Antalgica		Ginnastica Antalgica		
13:15-14:00	Functional Training ●		Functional Training ●		Functional Training ●	
13:30-14:30		Fit boxe ●		Fit boxe ●		Fit boxe ●
14:00-14:45	Functional Training ●		Functional Training ●		Functional Training ●	
15:30-16:30	Ginnastica Ritmica		Ginnastica Ritmica		Ginnastica Ritmica	
16:00-17:00				Ginnastica Ritmica		
16:00-17:00		Karate Adulti		Karate Adulti		
16:00-17:00		Karate		Karate		
16:15-17:15	Ginnastica Posturale		Ginnastica Posturale		Ginnastica Posturale	
16:30-17:30	Ginnastica Ritmica		Ginnastica Ritmica		Ginnastica Ritmica	
16:30-17:30						
17:00-18:00		Karate		Karate		
17:15-18:05	Pilates		Pilates		Pilates	
17:30-18:20	Tabata ●		Jumping ●		Pump ●	
17:30-18:30		Total Body Work Out ●		Total Body Work Out ●	Pilates	
18:05-18:55	Pilates		Pilates			
18:20-19:10	Tabata ●		Jumping ●		Pump ●	
18:20-19:20						
18:00-19:30						Self-defense Junior
18:30-19:30		Functional Training ●		Functional Training ●		
18:55-19:45	Pilates		Pilates		Pilates	
19:10-20:10	Flex Zone ●		Flex Zone ●		Flex Zone ●	
19:30-20:30		Fit boxe ●		Fit boxe ●		
19:30-20:30		Self-defense Ragazzi		Self-defense Ragazzi		
20:10-21:10	Flex Zone ●		Flex Zone ●		Flex Zone ●	
20:15-21:15	Functional Training ●		Functional Training ●		Functional Training ●	
20:30-22:00		Self-defense Adulti		Self-defense Adulti		

