

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:00 - 22:30	Sala Attrezzi 😊		Sala Attrezzi 😊		Sala Attrezzi 😊	
08:00 - 22:30		Sala Attrezzi 😊		Sala Attrezzi 😊		
08:00 - 20:00						Sala Attrezzi 😊
08:00 - 08:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		
09:00 - 09:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●
09:00 - 09:50	Body Out (Sala2) 😊		Body Out (Sala2) 😊		Body Out (Sala2) 😊	
09:30 - 10:20		Mobility (Sala 2) 😊		Mobility (Sala 2) 😊		
10:00 - 10:50	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●
10:30 - 11:20		Total Body Work Out (Sala2) 😊		Total Body Work Out (Sala2) 😊		
11:00 - 11:50	Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●	
12:30 - 13:20		Functional Training (Sala2) 😊		Functional Training (Sala2) 😊		
12:30 - 13:20	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	Pilates Reformer (Sala 1) ●	
13:15 - 14:00	Functional Training (Sala2) 😊		Functional Training (Sala2) 😊		Functional Training (Sala2) 😊	
13:30 - 14:20	Pilates Reformer (Sala 1) ●	Fit Boxe 😊	Pilates Reformer (Sala 1) ●	Fit Boxe 😊	Pilates Reformer (Sala 1) ●	Fit Boxe 😊
13:30 - 14:20		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		
14:00 - 14:45	Functional Training (Sala2) 😊		Functional Training (Sala2) 😊		Functional Training (Sala2) 😊	
14:30 - 15:20	Pilates (Sala 1) ●	Pilates (Sala 1) ●	Pilates (Sala 1) ●	Pilates (Sala 1) ●	Pilates (Sala 1) ●	
15:30 - 16:30	Ginnastica Ritmica (Sala 2) ●		Ginnastica Ritmica (Sala 2) ●		Ginnastica Ritmica (Sala 2) ●	
16:00 - 16:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		
16:00 - 17:00		Karate (Sala 2) ●		Karate (Sala 2) ●		
16:15 - 17:15	Ginnastica Posturale (Sala 1) ●		Ginnastica Posturale (Sala 1) ●		Ginnastica Posturale (Sala 1) ●	
16:30 - 17:30	Ginnastica Ritmica (Sala 2) ●		Ginnastica Ritmica (Sala 2) ●		Ginnastica Ritmica (Sala 2) ●	
17:00 - 17:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●
17:30 - 18:20	Latin Cross (Sala2) 😊		Latin Cross (Sala2) 😊		Latin Cross (Sala2) 😊	
17:30 - 18:20	Pilates (Sala 1) ●		Pilates (Sala 1) ●	●	Pilates (Sala 1) ●	
17:30 - 18:20		Total Body Work Out (Sala2) 😊		Total Body Work Out (Sala2) 😊		
18:00 - 18:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		
18:20 - 19:10	Pilates (Sala 1) ●		Pilates (Sala 1) ●		Pilates (Sala 1) ●	
18:30 - 19:20	Pump (Sala2) 😊	Functional Training (Sala2) 😊	Pump (Sala2) 😊	Functional Training (Sala2) 😊	Pump (Sala2) 😊	
19:00 - 19:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		
19:20 - 20:10	Flex Zone (Sala1) 😊		Flex Zone (Sala1) 😊		Flex Zone (Sala1) 😊	
19:30 - 20:20	Full Body (Sala2) 😊	Fit Boxe (Sala 2) 😊	Abs & Glutes (Sala2) 😊	Fit Boxe (Sala 2) 😊	Full Body (Sala2) 😊	
20:00 - 20:50		Pilates Reformer (Sala 1) ●		Pilates Reformer (Sala 1) ●		
20:10 - 21:00	Flex Zone (Sala1) 😊		Flex Zone (Sala1) 😊		Flex Zone (Sala1) 😊	
20:30 - 21:20	Functional Training (Sala2) 😊	Surf Training (Sala 1) ●	Functional Training (Sala2) 😊	Surf Training (Sala 1) ●	Functional Training (Sala2) 😊	