

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
10.00	TOTAL BODY		POSTURAL		WALKING TONE
17.10	PILATES	TOTAL BODY	FIT TONE	TOTAL BODY	PILATES
18.10	flyWALKING	POWERYOGA	flyWALKING CIRCUITO	STEP & TONE	
	BODY CIRCUIT	BODY CIRCUIT	BRUCIA GRASSI	POWERYOGA	G.A.G.
19.10	FITBOXE	flyWALKING	POSTURAL	WALKING TONE	JUMP FIT
	CIRCUITO FUNZIONALE	PANCAFIT	CIRCUITO FUNZIONALE	BODY CIRCUIT	SPINNING
20.10	CARDIO TONE	SPINNING	CARDIO TONE	SUSPENSION TRAINING	
		SUSPENSION TRAINING			