

	Lunedì		Martedì		Mercoledì		Giovedì		Venerdì	
Mattino			Dolce 09,00-10,00*				Dolce 09,00-10,00*			
			Pilates 10,30-11,30				Pilates 10,30-11,30			
Pranzo	Tonif. 13,30-14,30				Yoga 13,00-14,00		Tonif. 13,30-14,30		Yoga 13,00-14,00	
Pomerig	TotalBody 15,00-16,00		GinArt 16,00-17,00*		TotalBody 15,00-16,00		GinArt 16,00-17,00*		Dif.pers. piccoli 17,00-18,00*	
	Dif.pers. piccoli 17,00-18,00*		GinArt 17,00-18,00*				GinArt 17,00-18,00*			
Sera	Aerob 18,20-19,10	Spin 18,15-19,00	Pilates 18,10-19,00	Walk 18,30-19,15*	Step 18,15-19,00	Walk 18,15-19,00*	GinArt 18,00-19,00		Tonif. 18,15-19,15	
	Walk 19,15-20,00*	Fit Boxe 19,15-20,00	Ton. 19,00-20,00	Spin 19,30-20,15	Spinn. 19,15-20,00		Pilates 19,00-20,00	Walk 19,00-19,45*	FitBoxe 19,15-20,00	
	Dif.Pers. 20,00-22,00		Yoga 20,00-21,00	Latini 21,00-23,00*	Shiat 20,00-22,00*	Ventre 20,00-22,00*	Yoga 20,00-21,00	Bo.Wo 21,00-22,00*	Dif.Pers 20,00-22,00	
*fuori dal normale abbonamento.										