













LUN	SALA 1	SALA 2	SALA 3
9:00			
10:00			AMA 
11:00	POSTURALE Fitness		AMA 
12:00			
13:00	TOTAL BODY Gin. aerobica	PILATES Fitness	
14:00			
15:00			
16:00			AMA 
17:15	PILATES Fitness PILATES	CIRCUIT TRAINING Gin. aerobica	AMA 
18:15	PILATES Fitness GRIT		POSTURALE Fitness SHAPES YOGA
19:15	Gin. Aerobica	KICK BOXING	Fitness
20:15			

MAR	SALA 1	SALA 2	SALA 3
9:00			
10:00	YOGA POSTURALE Fitness		AMA 
11:00		AMA 	EFA 
12:00			
13:00	SHAPES PILATES Fitness		
14:00			
16:00			AMA 
16:15	YOGA Fitness FLEX & STRETCH		
17:15	ZUMBA Gin. aerobica FIT BOXE	PILATES Fitness PILATES	STEP Gin. Aerobica CX
18:15	Gin. Aerobica	Fitness	Gin. Aerobica
19:15	Gin. Aerobica	Fitness	Gin. Aerobica
20:00			KARATE

MER	SALA 1	SALA 2	SALA 3
9:00			
10:00		EFA 	
11:00			AMA 
12:00			
13:00			
14:00			
15:00	GIN. DOLCE Fitness		
16:00			AMA 
17:15	PILATES Fitness PILATES	STEP Gin. Aerobica CIRCUIT TRAINING	AMA 
18:15	Fitness FULL IMPACT POWER Gin. Aer.	Gin. aerobica SHAPES YOGA Fitness	POSTURALE Fitness CALISTHENICS
19:15	Gin. Aerobica	Fitness	Gin. Aerobica
20:00			

GIO	SALA 1	SALA 2	SALA 3
9:00			
10:00			AMA 
11:00	POSTURALE Fitness		AMA 
12:00			
13:00	TOTAL BODY Gin. aerobica	PILATES Fitness	
14:00			
15:00			
16:15			
17:15	FLEX & STRETCH Fitness		
18:15	ZUMBA Gin. aerobica	PILATES Fitness PILATES	STEP Gin. Aerobica CX
19:15	KICK BOXING	Fitness	Gin. Aerobica
20:00			

VEN	SALA 1	SALA 2	SALA 3
9:00			
10:00	YOGA POSTURALE Fitness	EFA 	AMA 
11:00	SHAPES PILATES Fitness	AMA 	AMA 
12:00			
13:00			
14:00			
15:00	GIN. DOLCE Fitness		EFA 
16:00			AMA 
17:15	YOGA Fitness PILATES		
18:15	Fitness	FULL IMPACT POWER Gin. Aer.	
19:15	ABD CIRCUIT+GRIT Gin. Aer.	YOGA Fitness	CALISTHENICS Gin. Aerobica
20:00			KARATE

SAB	SALA 1	SALA 2	SALA 3
10:00			
11:00	CIRCUIT WORKOUT Gin. Aerobica		

DOM	SALA 1	SALA 2	SALA 3
9:00			
10:00			
11:00	PILATES ADV Fitness		

I corsi si terranno con un minimo di 7 partecipanti.

E' NECESSARIO PORTARE UN TAPPETINO PERSONALE
(tranne Zumba, Step, Fitboxe e Kick Boxing)