

LUNEDÌ MARTEDÌ MERCOLEDÌ GIOVEDÌ VENERDÌ SABATO

07:30		LES MILLS HIBRID STRENGHT SALA 3		LES MILLS GRIT ATLETIC SALA 3		
09:00	BODY PUMP SALA 3	IND. CYCLING SALA 2	BODY BALANCE SALA 3	IND. CYCLING SALA 2	PILATES SALA 3	IND. CYCLING SALA 2
09:30	BODY BALANCE SALA 1		PILATES BARRE SALA 1	LES MILLS HIBRID METABOLIC SALA 3		
10:00	LES MILLS HIBRID METABOLIC SALA 3	ZUMBA SALA 1 LES MILLS CORE SALA 3	BODY PUMP SALA 3	ZUMBA SALA 1	BONES FOR LIFE SALA 1 LES MILLS TONE& CORE SALA 3	
10:15						BODY PUMP SALA 1
11:00	FELDENKRAIS SALA 3	PILATES SALA 3	FELDENKRAIS SALA 3	PILATES SALA 3	BONES FOR LIFE SALA 1 PILATES BARRE SALA 3	
14:00	BODY PUMP SALA 3	LES MILLS CORE SALA 3	BODY STEP ATLETIC & CORE SALA 3	BODY PUMP SALA 3	LES MILLS HIBRID METABOLIC SALA 3	
17:30					HBX MOVE & CORE SALA 3	
18:00	HBX FUSION & CORE SALA 3		PILATES SALA 3			
18:30	PILATES SALA 1	PILATES SALA 2 ZUMBA SALA 1 LES MILLS CORE SALA 3	LES MILLS TONE SALA 1	BODY PUMP SALA 3 PILATES BARRE SALA 1	ZUMBA SALA 1 PILATES SALA 3	
18:45	PILATES SALA 3					
19:00		LES MILLS TONE SALA 3	BODY COMBAT SALA 3			
19:15	GRIT CARDIO SALA 1				LES MILLS BARRE SALA 1	
19:30	IND. CYCLING SALA 2	YOGA SALA 1 BODY ATAK SALA 3	PILATES SALA 1 IND. CYCLING SALA 2	LES MILLS HIBRID METABOLIC SALA 3 YOGA SALA 1	IND. CYCLING SALA 2 LES MILLS CORE SALA 3	
19:45	BODY PUMP SALA 3	IND. CYCLING SALA 2	GRIT STRENGHT SALA 3	IND. CYCLING SALA 2		
20:00					BODY BALANCE SALA 1	
20:15	BODY BALANCE SALA 1	BODY COMBAT SALA 3	BODY PUMP SALA 3	LES MILLS HIBRID STRENGHT SALA 3		
20:30	LES MILLS GRIT STRENGHT SALA 3					