

ORA	<u>Lunedì</u>	<u>Martedì</u>	<u>Mercoledì</u>	<u>Giovedì</u>	<u>Venerdì</u>	<u>Sabato</u>
<u>09.30</u>	T - B - W	WALKING	FUNZIONALE	WALKING	G.A.G.	
<u>10.00</u>		PILATES		PILATES		B. BALANCE
<u>10.30</u>	GIN. DOLCE	SOCIAL DANCE	GIN. DOLCE	SOCIAL DANCE	GIN. DOLCE	
<u>14.00</u>	G.A.G.	TRX	BODY PUMP		CX WORX	
	WALKING	SPINNING		SPINNING	WALKING	
<u>16.00</u>	BABY DANCE		BABY DANCE			DIFESA PERSONALE FEMMINILE
	WALKING				WALKING	
<u>17.00</u>	G.A.G.	HIP – HOP	WALKING	HIP – HOP	T - B - W	
<u>18.00</u>		B.BALANCE		B. BALANCE		
<u>18.50</u>	CX WORX				CX WORX	
<u>19.00</u>		WALKING	BODY PUMP	WALKING		
	ZUMBA		ZUMBA			
<u>19.30</u>	PILATES	KARDIO COMBAT		KARDIO COMBAT	PILATES	
	WALKING		WALKING		WALKING	LEGENDA:
<u>20.00</u>		SPINNING		SPINNING		
<u>20.30</u>	FUNZIONALE		FUNZIONALE			SALA 1
	SPINNING		SPINNING		SPINNING	SALA 2
<u>21.00</u>		WALKING		WALKING		SALA 3