

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		GIN. DOLCE		GIN. DOLCE	
<u>14.00</u>	G.A.G.	TRX	BODY PUMP			
	WALKING	SPINNING		SPINNING	WALKING	
<u>16.00</u>						DIFESA PERSONALE FEMMINILE
	WALKING				WALKING	
<u>17.00</u>	G.A.G.		WALKING		T - B - W	
<u>18.30</u>		B. BALANCE		B. BALANCE		
<u>19.00</u>		WALKING	TRX	WALKING		
		G.A.G.				
<u>19.15</u>	CX WORX			CX WORX	CX WORX	
<u>19.30</u>	PILATES	KARDIO COMBAT		KARDIO COMBAT	PILATES	
	WALKING		WALKING		WALKING	LEGENDA:
<u>20.00</u>		SPINNING		SPINNING		SALA 1
<u>20.30</u>	TRX		FUNZIONALE			SALA 2
	SPINNING		SPINNING		SPINNING	SALA 3