

LUNEDÌ	TERRA	9.45-10.30 YOGA	10.45-11.30 SOFT TONE	12.45-13.30 FITBOXE	18.00-18.30 SMALL FCT	18.45-19.30 CORE STABILITY	19.45-20.30 TOTAL BODY	19.30-20.20 GROUP CYCLING
	ACQUA	10.00-10.45 AQUA CIRCUIT				19.15-20.00 AQUA CORE		
MARTEDÌ	TERRA	10.00-10.45 FLOW STRETCH	11.00-11.45 MOVIDA FITNESS	12.45-13.30 MET	18.30-19.15 MIOPUMP	19.30-20.15 PILATES		
	ACQUA	9.00-9.45 DEEP AQUA TONE						
MERCOLEDÌ	TERRA	10.00-10.45 POSTURALE	11.00-11.45 PILATES		18.00-18.30 SMALL FCT	18.45-19.30 AERODANCE	19.45-20.30 STEP&TONE	19.30-20.20 GROUP CYCLING
	ACQUA				19.00-19.45 AQUA CIRCUIT			
GIOVEDÌ	TERRA	9.45-10.30 ANTALGICA	10.45-11.30 SOFT TONE		18.30-19.15 GAG	19.30-20.15 FITBOXE		
	ACQUA				19.15-20.00 DEEP AQUA TONE			
VENERDÌ	TERRA	10.15-11.00 MOBILITY	11.15-12.00 PILATES	12.45-13.30 CORE STABILITY	18.15-19.00 MET	19.15-20.00 MOVIDA FITNESS	20.15-21.00 POWER YOGA	
	ACQUA			14.30-15.15 DEEP AQUA TONE				
SAB			11.15-12.00 PILATES					
DOM		10.30-11.45 GROUP CYCLING <small>(dal 07 Novembre)</small>						