

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
MATTINA	8:30 - 9:20 POSTURAL CHRISTIAN		8:30 - 9:20 POSTURAL CHRISTIAN		8:30 - 9:20 PILATES CHRISTIAN		
POMERIGGIO	13:00 - 13:50 POSTURAL STRETCH CHRISTIAN			13:00 - 13:50 PILATES CHRISTIAN			
CORSI SERALI	17:20 - 18:10 PILATES ZSOFY	17:20 - 18:10 ZUMBA SERENA		17:20 - 18:10 G.A.G. TRAINING ZSOFY	17:20 - 18:10 RITMO FIT DANCE SERENA		
	18:10 - 19:00 TABATA ZSOFY	18:10 - 19:00 PILATES ZSOFY	18:10 - 19:00 TOTAL BODY DIEGO	18:10 - 19:00 PILATES ZSOFY	18:10 - 19:00 CIRCUITO FUNCTIONAL DIEGO		
	19:10 - 20:00 CIRCUITO FUNCTIONAL ZSOFY	19:10 - 20:00 TOTAL BODY ZSOFY	19:10 - 20:00 TABATA DIEGO	19:10 - 20:00 TOTAL BODY ZSOFY			