

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8:30 BODY BALANCE		8:30 BODY BALANCE		8:30 BODY BALANCE	
09:30 CIRCUIT TRAINING	09:00 TOTAL BODY	09:30 CIRCUIT TRAINING	09:00 PILOGA	09:30 CIRCUIT TRAINING	10:00 PILOGA
	10:00 PILATES		10:00 30' CUORE 30' TONO		
13:00 - 14:00 30' CUORE 30' HARD FIT	13:00 PILATES	13:00 - 14:00 30' CUORE 30' HARD FIT	13:00 PILATES	13:00 - 14:00 30' CUORE 30' HARD FIT	
17:00 PILATES	17:00 PILOGA		17:00 YOGA	17:00 PILATES	
18:15 KETTLEBELL	18:15 TOTAL BODY	18:15 TONIFICAZIONE	18:15 PUSH	18:30 TONIFICAZIONE	
19:00 - 19:30 FOCUS ADDOME		19:00 - 19:30 FOCUS GLUTEI		19:00 - 19:30 FOCUS MOBILITY	
19:15 - 20:15 30' CARDIO 30' MILITARY	19:15 FIT BOXE	19:15 - 20:15 30' CARDIO 30' MILITARY	19:15 STEP COREO		