

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
05:00 - 09:00 <b>PERSONAL GYM</b> Sala Olos		05:00 - 10:00 <b>PERSONAL GYM</b> Sala Olos		05:00 - 09:00 <b>PERSONAL GYM</b> Sala Olos	
09:00 - 11:00 <b>EVOLNESS MEDICAL</b> Sala Fitness		09:00 - 11:00 <b>EVOLNESS MEDICAL</b> Sala Fitness		09:00 - 11:00 <b>EVOLNESS MEDICAL</b> Sala Fitness	
	09:00 <b>GINNASTICA DOLCE</b> Sala Rosa	09:00 <b>YOGA</b> Sala Rosa	09:00 <b>GINNASTICA DOLCE</b> Sala Rosa	09:00 <b>YOGA</b> Sala Rosa	09:00 <b>POWER DEFINITION</b> Sala Rosa
10:15 <b>TOTAL BODY</b> Sala Rosa	10:00 <b>TONIFICAZIONE</b> Sala Rosa		10:00 <b>TONIFICAZIONE</b> Sala Rosa	10:00 <b>PILATES</b> Sala Rosa	
13:00 <b>FUNZIONALE</b> Sala Rosa	13:00 <b>TONIFICAZIONE</b> Sala Rosa	13:00 <b>PILATES</b> Sala Rosa	13:00 <b>TONIFICAZIONE</b> Sala Rosa	13:00 <b>FUNZIONALE</b> PalaEvolness	
13:00 <b>SPIN</b> PalaEvolness					
13:00 - 14:30 <b>EVOLNESS MEDICAL</b> Sala Fitness		13:00 - 14:30 <b>EVOLNESS MEDICAL</b> Sala Fitness		13:00 - 14:30 <b>EVOLNESS MEDICAL</b> Sala Fitness	
14:30 - 16:00 <b>PERSONAL GYM</b> Sala Olos	14:30 - 16:00 <b>PERSONAL GYM</b> Sala Olos		14:30 - 17:00 <b>PERSONAL GYM</b> Sala Olos		
15:00 - 16:00 <b>EVOLNESS TEEN</b> PalaEvolness		15:00 - 16:00 <b>EVOLNESS TEEN</b> PalaEvolness		15:00 - 16:00 <b>EVOLNESS TEEN</b> PalaEvolness	
16:00 - 17:00 <b>EVOLNESS TEEN</b> PalaEvolness	17:00 - 18:00 <b>FUNZIONALE</b> PalaEvolness	16:00 - 17:00 <b>EVOLNESS TEEN</b> PalaEvolness	17:00 - 18:00 <b>FUNZIONALE</b> PalaEvolness	16:00 - 17:00 <b>EVOLNESS TEEN</b> PalaEvolness	
17:00 - 18:00 <b>POWER PUNCH TEEN</b> PalaEvolness	18:15 - 19:15 <b>SPIN</b> PalaEvolness	18:00 - 19:00 <b>POWER PUNCH</b> PalaEvolness	18:15 - 19:15 <b>SPIN</b> PalaEvolness	17:00 - 18:00 <b>POWER PUNCH TEEN</b> PalaEvolness	
18:00 - 19:00 <b>POWER PUNCH ADULTI</b> PalaEvolness				18:00 - 19:00 <b>POWER PUNCH ADULTI</b> PalaEvolness	
18:30 <b>PILATES/ YOGA FUSION</b> Sala Rosa	18:30 <b>30' CUORE 30' LADY FIT</b> Sala Rosa	18:30 <b>TOTAL BODY</b> Sala Rosa	18:20 <b>30' CUORE 30' LADY FIT</b> Sala Rosa	18:30 <b>TONIFICAZIONE</b> Sala Rosa	
			18:30 <b>MOBILITY CON ATTREZZI</b> Sala Verde		
19:30 <b>STEP</b> Sala Rosa	19:30 <b>PILATES</b> Sala Rosa	19:30 <b>STEP</b> Sala Rosa	19:20 <b>PILATES</b> Sala Rosa	19:30 <b>STEP</b> Sala Rosa	