

LUNEDI				MARTEDI				MERCOLEDI				GIOVEDI				VENERDI			
K1			K2	K1			K2	K1			K2	K1			K2	K1			K2
studio 1	studio2	studio 3		studio 1	studio2	studio 3		studio 1	studio2	studio 3		studio 1	studio2	studio 3		studio 1	studio2	studio 3	
		6 ⁴⁰ - 7 ³⁰ Wake Up Training Luca B.				6 ³⁰ - 7 ²⁰ Spartan Niku								6 ³⁰ - 7 ²⁰ Circuit Training Niku				6 ⁴⁰ - 7 ³⁰ Wake Up Training Luca B.	
9 ³⁰ - 10 ⁵⁰ Hatha Yoga Anna							9 ³⁰ - 10 ²⁰ G.A.G. Angela		9 ³⁰ - 10 ²⁰ Body Pump Daria				9 ³⁰ - 10 ²⁰ Total Body Chris		9 ³⁰ - 10 ²⁰ Pilates Angela				9 ³⁰ - 10 ²⁰ Good Morning Luca B.
	13 ⁰⁰ - 13 ⁵⁰ Walking Chris		13 ⁰⁰ - 13 ⁵⁰ Pilates Mix Angela		13 ⁰⁰ - 13 ⁵⁰ Fit Boxe Chiara		13 ⁰⁰ - 13 ⁵⁰ Spinning Cate P.		13 ⁰⁰ - 13 ⁵⁰ Yoga Flex Fit Barbara		13 ⁰⁰ - 13 ⁵⁰ T.R.X. Chris		13 ⁰⁰ - 13 ⁵⁰ Pump Michela		13 ⁰⁰ - 13 ⁵⁰ Spinning Cate P.			13 ⁰⁰ - 13 ⁵⁰ Spartan Chris	13 ⁰⁰ - 13 ⁵⁰ Pilates Mix Angela
		18 ³⁰ - 19 ²⁰ Spartan Chris		18 ²⁰ - 19 ¹⁰ Dinamic Cate	18 ⁴⁰ - 19 ³⁰ Fit Boxe Linda		18 ³⁰ - 19 ²⁰ T.R.X. Chris	18 ²⁰ - 19 ¹⁰ Yoga Flex Fit Michela	18 ⁴⁰ - 19 ³⁰ Step Coreo Nicolò	18 ³⁰ - 19 ⁴⁰ Spartan Chris	18 ²⁰ - 19 ¹⁰ G.A.G. Cate		18 ²⁰ - 19 ¹⁰ Walking Niku	18 ³⁰ - 19 ²⁰ Spartan Chris	18 ²⁰ - 19 ¹⁰ Panca Fit Luca C	18 ³⁰ - 19 ²⁰ Pilates Elaine	18 ²⁰ - 19 ¹⁰ Pump Felice		18 ⁴⁰ - 19 ³⁰ Dinamic Cate
19 ⁰⁰ - 19 ⁵⁰ Pilates Ale P.	18 ⁴⁰ - 19 ³⁰ Aktive Dance Nicolò		19 ⁰⁰ - 19 ⁵⁰ Circuit Training Linda	19 ²⁰ - 20 ⁴⁰ Hatha Yoga Anna	19 ⁴⁰ - 20 ³⁰ Walking Cate	19 ⁰⁰ - 19 ⁵⁰ Spartan Niku	19 ⁰⁰ - 19 ⁵⁰ Spinning Luca B.	19 ²⁰ - 20 ¹⁰ Pilates Elaine	19 ⁴⁰ - 20 ³⁰ Pump Angela		19 ²⁰ - 20 ¹⁰ Total Body Cate	19 ⁰⁰ - 19 ⁵⁰ Pilates OBJ Ale P.	19 ²⁰ - 20 ¹⁰ Pump Daria	19 ³⁰ - 20 ²⁰ Spartan Niku	18 ³⁰ - 19 ²⁰ Spinning Luca B.	19 ³⁰ - 20 ²⁰ Stretching Felice		19 ⁰⁰ - 19 ⁵⁰ Circuit Training Linda	19 ⁴⁰ - 20 ³⁰ Circuit Training Mirko
20 ⁰⁰ - 20 ⁵⁰ Pilates Ale P.	19 ⁴⁰ - 20 ³⁰ Pump Michela	19 ⁴⁰ - 20 ³⁰ Abdominal training Felice				20 ⁰⁰ - 20 ⁵⁰ Run Niku		20 ²⁰ - 21 ¹⁰ Stretching Ambra/Vero.			20 ⁰⁰ - 20 ⁵⁰ Run * (Maserà) Felice				19 ³⁰ - 20 ²⁰ Spinning PRO Luca B.				

EXTRA:

SABATO K1 ore 10:00 **RANDOM**

DOMENICA K1 ore 07:00 **RUN**

DOMENICA K1 ore 10:00 **HATHA YOGA**