

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 ²⁰ Total Body Chris				9 ³⁰ - 10 ²⁰ G.A.G. Angela						9 ³⁰ - 10 ²⁰ Body Pump Daria	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 ²⁰ - 19 ¹⁰ Dinamic Cate		18 ³⁰ - 19 ²⁰ T.R.X. Chris		18 ²⁰ - 19 ¹⁰ Yoga Flex Fit Michela		18 ³⁰ - 19 ⁴⁰ Spartan Chris		18 ²⁰ - 19 ¹⁰ G.A.G. Cate	18 ¹⁰ - 19 ⁰⁰ Panca Fit Luca C.	18 ²⁰ - 19 ¹⁰ Walking Niku	18 ³⁰ - 19 ²⁰ Spartan Chris	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	18 ³⁰ - 19 ⁴⁰ Spartan Chris	19 ⁰⁰ - 19 ⁵⁰ Circuit Training Linda	19 ²⁰ - 20 ⁴⁰ Hatha Yoga Anna	18 ⁴⁰ - 19 ³⁰ Fit Boxe Linda	19 ⁰⁰ - 19 ⁵⁰ Spartan Niku	18 ⁴⁰ - 19 ³⁰ Spinning Luca B.	19 ²⁰ - 20 ¹⁰ Pilates Elaine	18 ⁴⁰ - 19 ³⁰ Step Coreo Nicolò	19 ⁰⁰ - 19 ⁵⁰ Spartan Chris	19 ²⁰ - 20 ¹⁰ Total Body Cate	19 ¹⁰ - 20 ⁰⁰ 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 ²⁰ - 20 ¹⁰ Spinning Luca B.
20 ⁰⁰ - 20 ⁵⁰ Pilates Ale P.	19 ⁴⁰ - 20 ³⁰ Pump Michela	19 ⁵⁰ - 20 ⁴⁰ Abdominal training Felice			19 ⁴⁰ - 20 ³⁰ Walking Cate	20 ⁰⁰ - 20 ⁵⁰ Run Niku	19 ⁴⁰ - 20 ³⁰ Spinning Cate P.	20 ²⁰ - 21 ¹⁰ Stretching Ambra/Vero.	19 ⁴⁰ - 20 ³⁰ Pump Angela		20 ⁰⁰ - 20 ⁵⁰ Run * (Maserà) Felice	20 ¹⁰ - 21 ⁰⁰ Pilates OBJ Ale P.			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