










LUN	SALA 1	SALA 2	SALA 3
9:00			
10:00	PILATES Fitness		AMA 
11:00	POSTURALE Fitness		AMA 
12:00			
13:00	TOTAL BODY Gin. aerobica	PILATES Fitness	
14:00			
15:00			
16:00			AMA 
17:15	PILATES Fitness	CIRCUIT TRAINING Gin. aerobica	AMA 
18:15	PILATES Fitness		POSTURALE Fitness
19:15	GRIT Gin. Aerobica	KICK BOXING	SHAPES YOGA Fitness
20:15			

MAR	SALA 1	SALA 2	SALA 3
9:00			
10:00	YOGA POSTURALE Fitness		AMA 
11:00			EFA 
12:00			
13:00	SHAPES PILATES Fitness		
14:00			
15:00			
16:15	YOGA Fitness		
17:15	FLEX & STRETCH Fitness		
18:15	ZUMBA Gin. aerobica	PILATES Fitness	STEP Gin. Aerobica
19:15	FIT BOXE Gin. Aerobica	PILATES Fitness	CX Gin. Aerobica
20:00			KARATE

MER	SALA 1	SALA 2	SALA 3
9:00			
10:00	PILATES Fitness	EFA 	
11:00			AMA 
12:00			
13:00			
14:00			
15:00	GIN. DOLCE Fitness		
16:00			AMA 
17:15	PILATES Fitness	STEP Gin. Aerobica	AMA 
18:15	PILATES Fitness	CIRCUIT TRAINING Gin. aerobica	POSTURALE Fitness
19:15	FULL IMPACT POWER Gin. Aer.	SHAPES YOGA Fitness	CALISTHENICS Gin. Aerobica
20:00			

GIO	SALA 1	SALA 2	SALA 3
9:00			
10:00			AMA 
11:00	POSTURALE Fitness		AMA 
12:00			
13:00	TOTAL BODY Gin. aerobica	PILATES Fitness	
14:00			
15:00			
16:15	YOGA POSTURALE Fitness		
17:15	FLEX & STRETCH Fitness		
18:15	ZUMBA Gin. aerobica	PILATES Fitness	STEP Gin. Aerobica
19:15	KICK BOXING	PILATES Fitness	CX Gin. Aerobica
20:00			

VEN	SALA 1	SALA 2	SALA 3
9:00			
10:00	YOGA POSTURALE Fitness	EFA 	AMA 
11:00	SHAPES PILATES Fitness		AMA 
12:00			
13:00			
14:00			
15:00	GIN. DOLCE Fitness		EFA 
16:00			AMA 
17:15	YOGA Fitness		
18:15	PILATES Fitness	FULL IMPACT POWER Gin. Aer.	
19:15	ABD CIRCUIT+GRIT Gin. Aer.		CALISTHENICS Gin. Aerobica
20:00			KARATE

SAB	SALA 1	SALA 2	SALA 3
10:00			
11:00	CIRCUIT WORKOUT Gin. Aerobica		

DOM	SALA 1	SALA 2	SALA 3
9:00			
10:00			
11:00	PILATES ADV Fitness		

I corsi si terranno con un minimo di 7 partecipanti.

E' NECESSARIO PORTARE UN TAPPETINO PERSONALE  
(tranne Zumba, Step, Fitboxe e Kick Boxing)