

| LUN   | SALA 1                    | SALA 2                              | SALA 3                                                                                |
|-------|---------------------------|-------------------------------------|---------------------------------------------------------------------------------------|
| 8:00  |                           |                                     |                                                                                       |
| 9:00  | PILATES<br>Fitness        |                                     |                                                                                       |
| 10:00 | YOGA POSTURALE<br>Fitness |                                     | AMA  |
| 11:00 |                           |                                     | AMA  |
| 12:00 |                           |                                     |                                                                                       |
| 13:00 |                           |                                     |                                                                                       |
| 14:00 |                           |                                     |                                                                                       |
| 16:00 |                           |                                     | AMA  |
| 17:15 | PILATES<br>Fitness        | CIRCUIT TRAINING<br>Gin. Aerobica * | AMA  |
| 18:15 | PILATES<br>Fitness        | POSTURALE<br>Fitness                | STEP *<br>Gin. Aerobica                                                               |
| 19:15 | GRIT<br>Gin. Aerobica     | KICK BOXING                         | SHAPES<br>Fitness                                                                     |
| 20:15 |                           |                                     |                                                                                       |

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

| MAR   | SALA 1                    | SALA 2                                                                                  | SALA 3                                                                                  |
|-------|---------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 8:00  |                           |                                                                                         |                                                                                         |
| 9:00  |                           |                                                                                         |                                                                                         |
| 10:00 |                           |                                                                                         | AMA  |
| 11:00 | POSTURALE<br>Fitness      | AMA  |                                                                                         |
| 12:00 |                           |                                                                                         |                                                                                         |
| 13:00 | SHAPES<br>Fitness         |                                                                                         |                                                                                         |
| 15:00 |                           |                                                                                         | EFA  |
| 16:00 |                           |                                                                                         | AMA  |
| 17:15 | FLEX & STRETCH<br>Fitness |                                                                                         |                                                                                         |
| 18:15 | ZUMBA<br>Gin. aerobica    | PILATES<br>Fitness                                                                      | YOGA<br>Fitness                                                                         |
| 19:15 | FIT BOXE<br>Gin. Aerobica | PILATES<br>Fitness                                                                      | CX<br>Gin. Aerobica                                                                     |
| 20:15 |                           |                                                                                         |                                                                                         |

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

| MER   | SALA 1             | SALA 2                              | SALA 3                                                                                  |
|-------|--------------------|-------------------------------------|-----------------------------------------------------------------------------------------|
| 8:00  |                    |                                     |                                                                                         |
| 9:00  | PILATES<br>Fitness |                                     |                                                                                         |
| 10:00 |                    |                                     | EFA  |
| 11:00 | PILOGA<br>Fitness  |                                     | AMA  |
| 12:00 |                    |                                     |                                                                                         |
| 13:00 |                    |                                     |                                                                                         |
| 14:00 |                    |                                     |                                                                                         |
| 16:00 |                    |                                     | AMA  |
| 17:15 | PILATES<br>Fitness | CIRCUIT TRAINING<br>Gin. Aerobica * | AMA  |
| 18:15 | PILATES<br>Fitness | POSTURALE<br>Fitness                | STEP *<br>Gin. Aerobica                                                                 |
| 19:15 | SHAPES<br>Fitness  | ABD CIRCUIT+GRIT<br>Gin. Aer.       | CALISTHENICS<br>Gin. Aerobica                                                           |
| 20:15 |                    |                                     |                                                                                         |

| SAB   | SALA 1                   | SALA 2 | SALA 3 |
|-------|--------------------------|--------|--------|
| 9:00  | PILATES BARRE<br>Fitness |        |        |
| 10:00 |                          |        |        |

| SAB   | SALA 1            | SALA 2 | SALA 3 |
|-------|-------------------|--------|--------|
| 9:00  |                   |        |        |
| 10:00 | PILOGA<br>Fitness |        |        |

I corsi si terranno con un minimo di 7 partecipanti.

**E' NECESSARIO PORTARE UN TAPPETINO PERSONALE**  
(tranne Zumba, Step, Fitboxe)