

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA
8.30 <u>PILATES</u>		8.30 TOTAL BODY		8.30 RATNA YOGA		8.30 <u>PILATES</u>		8.30 PILATES	8.30 FITWALKING		
9.20 PILATES SEDIA		9.20 GINNASTICA POSTURALE		9.35 GINNASTICA POSTURALE		9.20 TOTAL BODY		9.20 GINNASTICA POSTURALE		9.40 WALK-BIKE FUSION	
		10.30 *pilates piccoli gruppi				10.30 *pilates piccoli gruppi					
		13.00 PILATES		13.00 PILATES		13.00 PILATES		12.45 <u>FUNCTIONAL TRAINING</u>			
			16.20 - 17.20 *HIP HOP ragazzi				16.20 - 17.20 *HIP HOP ragazzi				
17.40 POSTURAL PILATES	17.30 HATHA YOGA	17.40 PILATES	17.20 - 18.10 *HIP HOP ragazzi	17.45 GINNASTICA DI MOBILITA'		17.40 EASY TONE	17.20 - 18.10 *HIP HOP ragazzi		17.40 PILATES		
18.30 PILATES	18.30 HATHA YOGA	18.30 FUNCTIONAL TRAINING	18.10 - 18.55 *HIP HOP ragazzi	18.30 DANCE & FITNESS	18.30 FITWALKING	18.30 STEP & TONE	18.10 - 18.55 *HIP HOP ragazzi	18.00 FITWALKING POWER			
19.20 FUNCTIONAL TRAINING	19.25 PILATES SEDIA	19.20 STEP & TONE	19.00 FITWALKING	19.20 <u>PILATES</u>	19.15 FITWALKING	19.20 TOTAL BODY	19.00 FUNCTIONAL PILATES	18.50 TOTAL BODY	18.40 <u>PILATES</u>		
20.10 POWER PUMP	20.15 GINNASTICA POSTURALE	20.15 INDOOR CYCLING	19.50 SUSPENSION TRAINING	20.15 YOGA IN VOLO	20.00 RATNA YOGA	20.15 INDOOR CYCLING	19.50 SUSPENSION TRAINING	19.35 PILATES IN VOLO			
			20.40 POSTURAL PILATES				20.40 POSTURAL MIOFASCIALE				

- GINNASTICA DOLCE
- PILATES
- TONIFICAZIONE E CARDIO
- BAMBINI
- CORSI ESCLUSI DALL'OPEN

SOCIETÀ SPORTIVA DILETTANTISTICA