

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
Tonificazione 14,00-15,00	Super Jump Total Body 14,00-14,50	Tonificazione Funzionale 14,00-15,00	Super Jump 14,00-14,50	TOTAL BODY 14,00-15,00
GAGS 16,30-17,30		Tonificazione 16,30-17,30		Circuit Tone 16,30-17,30
		FIT BALL 17,30-18,15		
PILATES 18,15-19,00	AEROBICA 18,15-19,00	BONTONE 18,15-19,00	Super Jump Total Body 18,15-19,00	ONE  KOR 18,30-19,15
INS@NITY 19,00-19,45	STEP 19,00-19,45	TOTAL BODY 19,00-19,45	FIT BOXE 19,00-20,00	PILATES TOYS 19,15-20,00
FIT BOXE 19,45-20,15	SUPER JUMP 19,45-20,35	ZUMBA SENTAO 19,45-20,45	ZUMBA 20,00-20,50	P.H.A. 20,00-20,50

FUNCTIONAL TRAINING

18,00-19,00	20,15-21,15	19,00-20,00	18,30-19,30	18,30-19,30
19,15-20,15		20,15-21,15		20,15-21,15

N.B. I CORSI POTREBBERO SUBIRE VARIAZIONI