

	LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'		
	SALA SPINNING	SALA POSTURAL	SALA WALKING	SALA SPINNING	SALA POSTURAL	SALA WALKING	SALA SPINNING	SALA POSTURAL	SALA WALKING	SALA SPINNING	SALA POSTURAL	SALA WALKING	SALA SPINNING	SALA POSTURAL	SALA WALKING
08.30	MICHEL SEMPRE IN FORMA						MICHEL SEMPRE IN FORMA						MICHEL POSTURAL		
09.00	08:30 - 09:30						08:30 - 09:30						08:30 - 09:30		
10.00			ANDREA WALKING						ANDREA WALKING				MONICA STEP TONIC		
			09:15 - 10:15						09:15 - 10:15						
11.00	MICHEL PILATES						MICHEL PILATES								
	10.15 - 11.15						10.15 - 11.15								
13.00	MICHEL PILATES						MICHEL PILATES						ANDREA WALKING		
14.00	13:00 - 14:00			MASSIMO FUNZIONALE			13:00 - 14:00			TOMMASO GAG			13:00 - 14:00		
17.00						ALEXIA HIP HOP									ALEXIA HIP HOP
18.00						17:00 - 18:00			ELISA BENESSERE DONNA				ELISA BENESSERE DONNA		17:00 - 18:00
19.00	MONICA JUST PUMP	STEFANIA P.C. PILATES	ANDREA WALKING	GIACOMO TOTAL BODY		ALEXIA HIP HOP	TOMMASO FUNZIONALE	STEFANIA P.C. PILATES	MASSIMO POSTURAL	MONICA STEP & TONE		GIACOMO PILATES	TOMMASO IMPACT	STEFANIA P.C. PILATES	ALEXIA HIP HOP
	18:30 - 19:25	18:00 - 19:00	18:30 - 19:25	18:15 - 19:10		18:00 - 19:00	18:30-19:25	18:00 - 19:00	18:30 - 19:25	18:30 - 19:15		18:15 - 19:10	18:35 - 19:30	18:00 - 19:00	18:00 - 19:00
20.00	LORENZO SPINNING	STEFANIA P.C. PILATES	MONICA CIRCUIT	ROBERTO SPINNING		GIACOMO PILATES	ANDREA SPINNING	STEFANIA P.C. PILATES	TOMMASO WALKING & TONE	MONICA JUST PUMP	MICHEL POSTURAL FIT	GIACOMO WALKING			MASSIMO POSTURAL
	19:30 - 20:25	19:00 - 20:00	19:30 - 20:25	19:15 - 20:10		19:15 - 20:05	19:30 - 20:25	19:00 - 20:00	19:30 - 20:25	19:15 - 20:05	19:00 - 20:00	19:15 - 20:10			19:10 - 20:00
21.00				ROBERTO SPINNING	TANGO	ANDREA WALKING				ROBERTO SPINNING	MARTINA YOGA				TOMMASO WALKING & TONE
				20:10 - 21:05	20:30 - 21:30	20:10 - 21:05				20:10 - 21:05	20:00 - 21:30				20:05 - 21:00