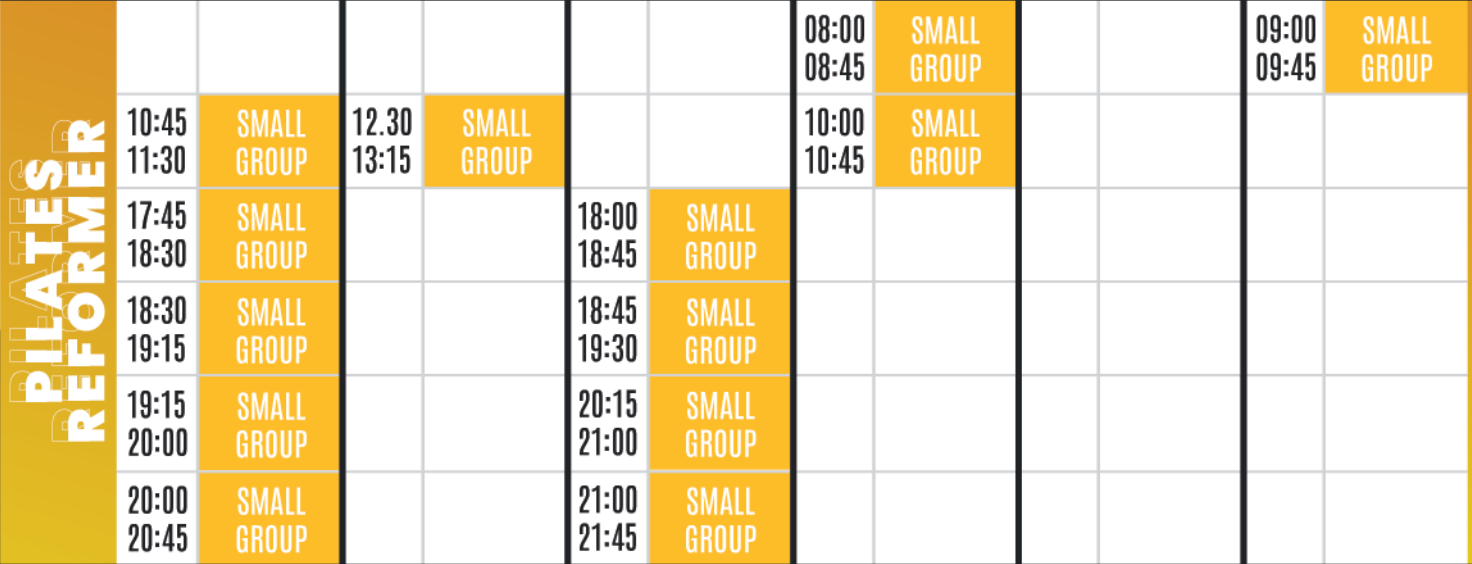
SALA OLISTICA

09:00 09:45	PILATES			09:00 09:45	PANCAFIT			09:00 09:45	PILATES		
10:45 11:30	PANCAFIT	10:00 10:45	POSTURALE	10:00 10:45	PANCAFIT	10:00 10:45	POSTURALE	10:00 10:45	PILATES	10:00 10:45	PANCAFIT
		11:00 11:45	PILATES	11:00 11:45	PANCAFIT	11:00 11:45	PILATES				
14:30 15:15	POSTURALE			14:30 15:15	POSTURALE						
16:45 17:30	PILATES							16:45 17:30	PILATES		
17:30 18:15	PILATES	17:30 18:15	PILATES	17:00 10:45	PANCAFIT	17:30 18:15	PILATES	17:30 18:15	PILATES		
18:15 19:00	PILATES	18:15 19:00	PANCAFIT	18:00 18:45	PANCAFIT	18:15 19:00	PILATES	18:30 19:15	PILATES		
19:00 19:45	PANCAFIT	19:00 19:45	PILATES	19:00 19:45	PANCAFIT	19:30 20:30	YOGA				
20:00 20:45	PANCAFIT	19:45 20:30	PILATES								
21:00 21:45	PILATES					21:00 21:45	PILATES				


PILATES
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GROUP

SALA FUNZIONALE

				09:30 10:15	FIT CROSS			09:30 10:15	FIT CROSS		
		13:00 13:30	FIT CROSS			13:00 13:30	FIT CROSS				
18:00 18:45	CROSS TEEN					18:00 18:45	CROSS TEEN				
18:45 19:30	FIT CROSS	18:45 19:30	FIT CROSS	18:45 19:30	FIT CROSS	18:45 19:30	FUNCTIONAL FUNDAMENTALS	18:45 19:30	FIT CROSS		
19:30 20:15	FAST BURN	19:30 20:15	HYBRID TRAINING	19:30 20:15	CALISTHENICS	19:30 20:15	FAST BURN	19:30 20:15	CALISTHENICS		
20:15 21:00	FIT CROSS			20:15 21:00	FIT CROSS	20:15 21:00	HYBRID TRAINING				

SALA TONIFICAZIONE

10:00 10:45	CIRCUIT TRANING	09:00 09:45	TONE UP			09:00 09:45	TONE UP				
12:45 13:30	TOTAL BODY			12:45 13:30	TOTAL BODY					11:00 11:45	TOTAL BODY
18:45 19:30	ALLENAMENTO AL FEMMINILE	18:45 19:30	TOTAL BODY	19:00 19:45	STRENGTH TRAINING	18:45 19:30	ALLENAMENTO AL FEMMINILE	19:00 19:45	GLUTEI+ ADDOME		
19:30 20:15	FLEX & STRONG	19:30 20:15	BRACCIA+ ADDOME	19:45 20:30	GLUTEI+ ADDOME	19:30 20:15	G.A.B.	19:45 20:30	BODY WEIGHT		
				20:30 21:15	TABATA TRAINING						

ENERGIA

				18:30 19:15	SPINNING										
				19:30 20:15	SPINNING			19:30 20:15	SPINNING	19:00 19:45	SPINNING				
				20:30 21:15	SPINNING			20:30 21:15	SPINNING						