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						