

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
08 00	HEAT France	HEAT France		HEAT France		
9 00	GYM SOFT France F.		GYM SOFT France F.		GYM SOFT France F.	PILATES Kate
		PILATES POWER KATE	POSTURAL PILATES KATE	PILATES KATE		
		PILATES FLOW Fede		PILATES FLOW Fede		
9 15						HEAT Laura
9 30	BODY SCULPT Fabio		BODY SCULPT Fabio		METABOLIC BODY TONE Linda	BODY SCULPT Fabio
9 30						POSTURALE Kate
	SPINNING Mimmi		SPINNING Mimmi		SPINNING Mimmi	SPINNING France
10 00	POSTURALE Giusy	PILATES Kate	POSTURALE Kate	PILATES POWER KATE	POSTURALE Giusy	
10 30						PILATES PROPS Alessia
12 30	MIX R.P. Diego		ALLENARSI IN SALA PESI Diego			
12 30					HEAT Laura	
13 00		SPINNING Mimmi	PILATES KATE	SPINNING Mimmi	PILATES KATE	
13 15	HEAT Laura		HEAT Laura			
13 20					HEAT Laura	
13 30		BODY SCULPT Fabio		BODY SCULPT Fabio		
			DANZA AEREA ADULTI Francesca O.		* ACRO DANZA * ADULTI Francesca O.	
14 30			DANZA AEREA ADULTI Francesca O.		* ACRO DANZA * ADULTI Francesca O.	
15 30	CORE SLIDE & BOSU France F.		CORE SLIDE & BOSU France F.		CORE SLIDE & BOSU France F.	
16		DANZA AEREA TEEN Francesca O.		DANZA AEREA TEEN Francesca O.		
16 30		PILATES KATE		PILATES KATE		
17 00		DANZA AEREA JUNIOR Francesca O.		DANZA AEREA JUNIOR Francesca O.	METABOLIC BODY TONE Linda	
17 30		PILATES KATE		PILATES KATE		
18 00	BODY SCULPT Fabio		BODY SCULPT Fabio		BODY SCULPT Fabio	
18 10	POWER YOGA Alessia		POWER YOGA Alessia		POWER YOGA Alessia	
18 30	SPINNING France	PILATES POWER Kate	SPINNING France	PILATES POWER Kate	SPINNING France	
						HEAT Fabio
	HEAT Fabio		HEAT Fabio		* CALISTHENICS * CRISTIAN	
	* CALISTHENICS * CRISTIAN	SPINNING Mimmi		SPINNING Mimmi		
	R.P. BOXE Diego	MIX R.P. Diego	R.P. BOXE Diego	MIX R.P. Diego		
19			POSTURALE Giusy			
		HEAT Laura		HEAT Laura	HEAT Fabio	
19 10	PILATES Alessia		PILATES Alessia			



**ORARIO**  
**LUNEDI - VENERDI**  
**6.30 - 22.00**  
**SABATO 7.30 - 17**  
**DOMENICA 8.30- 13**

**CELL SEGRETERIA**  
**353 4243528**  
**FISSO**  
**0586 854501**  
**PER INFO ABBONAMENTI**  
**351 3681813**