ORARI DEI CORSI

lun	POSTURAL	GAG	SHOOT	YOGA	TARGET TONE	FIRST PUMP	GAG	FIRST PUMP			
	09:30 - 10:30	10:45 - 11:30	13:30 - 14:30	16:00 - 17:00	17:30 - 18:15	18:30 - 19:30	19:30 - 20:00	20:15 - 21:15			
mar	YOGA	SHOOT	TOTAL TONE	KB FIT	PILATES	POSTURAL	GAG	PILATES	SHOOT	STEP & TONE	GAG
	09:30 - 10:15	10:30 - 11:30	13:30 - 14:15	14:15 - 14:45	16:00 - 17:00	17:15 - 18:00	18:00 - 18:30	18:30 - 19:15	19:15 - 20:00	20:00 - 20:45	20:45 - 21:30
mer	UBS	INTERVAL	INTERVAL	GAG	INTERVAL	JUKARI	FIRST PUMP	TARGET TONE			
	10:00 - 10:45	10:45 - 11:30	13:30 - 14:30	17:15 - 18:00	18:00 - 18:45	19:00 - 19:30	19:30 - 20:30	20:30 - 21:15			
gio	YOGA	SHOOT	INTERVAL	PILATES	POSTURAL	PILATES	ABS	SHOOT	GAG	STEP	
	09:15 - 10:15	10:30 - 11:30	13:30 - 14:30	16:00 - 17:00	17:30 - 18:15	18:15 - 19:00	19:00 - 19:15	19:15 - 20:00	20:00 - 20:45	20:45 - 21:30	
ven	POSTURAL	INTERVAL	TARGET TONE	YOGA	GAG	ABS	SHOOT	GAG & TONE			
	09:30 - 10:30	10:45 - 11:30	13:30 - 14:30	15:45 - 16:45	17:00 - 17:45	17:45 - 18:00	18:00 - 18:45	19:00 - 19:45			
sab	BALLANDO BALLANDO										
	17:15 - 18:15										
dom											

SALA CORSI

ORARI DEI CORSI

lun	SPINNING 13:30 - 14:30	SPINNING 18:30 - 19:30	SPINNING 19:30 - 20:30
mar	SPINNING 14:00 - 15:00	SPINNING 18:30 - 19:30	SPINNING 19:30 - 20:30
mer	SPINNING 13:30 - 14:30	SPINNING 18:30 - 19:30	SPINNING 19:30 - 20:30
gio	SPINNING 14:00 - 15:00	SPINNING 18:30 - 19:30	SPINNING 19:30 - 20:30
ven	SPINNING 13:30 - 14:30	SPINNING 19:00 - 20:00	
sab	SPINNING 16:00 - 17:00		
dom			

SALA SPINNING