











	LUN	MAR	MER	GIO	VEN	SAB
9:30	BODY HARMONY ALICE			BODY HARMONY ALICE		
10:30	POSTURAL CARMINE					HATHA YOGA LETIZIA
12:00						
13:15		FUNCTIONAL TRAINING AGOSTINO		GAG DEBORA		
17:30	POSTURAL CARMINE		H.18:30 POSTURAL CARMINE			
18:20		MACUMBA FITNESS SERENA	PILATES CARLA		PILATES AMANDA	
19:10	FUNCTIONAL TRAINING AGOSTINO	FITPUMP SERENA		FUNCTIONAL TRAINING AGOSTINO	ALL MY BODY AMANDA	
20:00	ALL MY BODY CARLA	HATHA YOGA STEFANO	FITMOVING SERENA	GAG CARLA		


BODY HARMONY - POSTURAL

 
PILATES - HATHA YOGA

  
ALL MY BODY - GAG - MACUMBA FITNESS

   
FUNCTIONAL TRAINING - FITPUMP - FITMOVING

SALA KARATE (ABBONAMENTO A PARTE)

LUN - MAR - MER - GIO - VEN				
KARATE AVANZATI	KARATE BAMBINI		KARATE AVANZATI	KARATE BAMBINI
KARATE AVANZATI	KARATE AVANZATI		KARATE AVANZATI	KARATE AVANZATI
KARATE AVANZATI	KARATE PRINCIPIANTI		KARATE AVANZATI	KARATE PRINCIPIANTI