

	LUN	MAR	MER	GIO	VEN	SAB
9:30	PILATES			PILATES		
10:30	POSTURAL					
12:00						YOGA DINAMICO
13:15		BRUCIA GRASSI			BRUCIA GRASSI	
17:30	POSTURAL		H.18:30 POSTURAL			
18:20	FUNCTIONAL TRAINING	MACUMBA FITNESS	GAG	FUNCTIONAL TRAINING	PILATES	
19:10	ALL MY BODY	FITMOVING	YOGA DINAMICO	GAG	ALL MY BODY	
20:00	GAG	PILATES	BODY SCULPTING	ALL MY BODY		

**POSTURAL**

**PILATES - YOGA DINAMICO**

**ALL MY BODY - GAG - MACUMBA FITNESS - BODY SCULPT**

**FUNCTIONAL TRAINING - FITMOVING - BRUCIA GRASSI**

**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

**18:00**

**19:00**

**20:00**