

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