

	Lunedì Sala B	Lunedì Sala C	Lunedì Online	Martedì Sala B	Martedì Sala C	Martedì Online	Mercoledì Sala B	Mercoledì Sala C	Giovedì Sala B	Giovedì Sala C	Giovedì Online	Venerdì Sala B	Venerdì Sala C	Venerdì Online	Sabato Sala C	Sabato Sala B
07:00			Yoga Risveglio 30min Maria Grazia			Pilates Stefania					Yoga Risveglio 30min Maria Grazia			Pilates Stefania		
09:00	Functional Training	Yoga Maria		Functional Training			Functional Training	Functional Training	Functional Training		Functional Training					
10:00															Boxe	Kenka Karate Kids Mara
11:00	Kudo Mitia			K Training Mara			Kudo Mitia	K Training Mara				Kudo Mitia			Boxe	GYM Kids Mara
12:00															Boxe	Functional Training
12:30				Boxe			Functional Training	Boxe	Functional Training							
13:00																
13:30				Boxe				Boxe								
15:00																
16:00																
17:00	Kudo Kids Mitia	Boxe Kids		Functional Training			Functional Training	Boxe Kids	Functional Training			Functional Training	Boxe Kids			
18:00	Yoga Maria Grazia	Boxe		Boxe Avanzato	Cross Cardio Ilaria + online		Functional Training	Boxe	Boxe Avanzato	Yoga Maria Grazia		Functional Training	Boxe			
19:00	Kudo Mitia	Boxe			Pilates Miofasciale Ilaria			Boxe		Pilates Carlotta + online			Boxe			
20:00	Kudo Mitia	Boxe			Yoga Stefania	Kudo Mitia ore 20.30	Boxe			Cross Cardio Carlotta			Boxe	Yoga Stefania		

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
10:00	<b>GINNASTICA DOLCE</b> Irene Stanzani		<b>GINNASTICA DOLCE</b> Irene Stanzani		<b>AEROBICA/STEP</b> Irene Stanzani
11:00	<b>YOGA DINAMICO</b> Irene Stanzani	<b>KUDO</b> Mitia	<b>YOGA DINAMICO</b> Irene Stanzani	<b>KUDO</b> Mitia	<b>TRX</b> Irene Stanzani
12:00					
13:00	<b>YOGA</b> Maria	<b>CROSS CARDIO</b> Maria	<b>YOGA</b> Maria	<b>CROSS CARDIO</b> Maria	<b>YOGA</b> Maria
14:00		<b>PILATES</b> Lisa De Cesare			<b>PILATES</b> Lisa De Cesare
15:00		<b>BODY WEIGHT</b> Lisa De Cesare			<b>BODY WEIGHT</b> Lisa De Cesare
16:00			<b>AEROBICA/STEP</b> Irene Stanzani		
17:00			<b>TRX</b> Irene Stanzani		
18:00					