

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9.00-9.50 Posturale <i>Body&Mind Zone</i>	08.00-09.00 Studio Pilates* <i>Studio Pilates</i>	9.00-9.50 Posturale <i>Body&Mind Zone</i>	08.00-09.00 Studio Pilates* <i>Studio Pilates</i>	9.00-9.50 Posturale <i>Body&Mind Zone</i>	09.30-10.30 Studio Pilates* <i>Studio Pilates</i>
10.00-11.00 Studio Pilates* <i>Studio Pilates</i>	8.30-9.00 Focus Lower Body <i>Cardio Zone</i>	10.00-10.20 Bodyweight <i>Cardio Zone</i>	8.30-9.00 Focus Upper Body <i>Cardio Zone</i>	10.00-10.20 Bodyweight <i>Cardio Zone</i>	10.00-11.00 Indoor Cycling <i>Road Race Zone</i>
10.30-11.20 Cross Training <i>Fitness Zone</i>	9.10-10.00 Funzionale <i>Fitness Zone</i>	10.00-11.00 Studio Pilates* <i>Studio Pilates</i>	9.10-10.00 Total Body <i>Fitness Zone</i>	10.00-11.00 Studio Pilates* <i>Studio Pilates</i>	11.00-11.50 Funzionale <i>Fitness Zone</i>
11.30-12.30 Vinyasa Flow <i>Body&Mind Zone</i>	10.00-10.50 Miofascial Training <i>Body&Mind Zone</i>	10.30-11.20 Cross Training <i>Fitness Zone</i>	10.00-10.50 Miofascial Training <i>Body&Mind Zone</i>	11.00-11.50 Cross Training <i>Fitness Zone</i>	12.00-13.00 Vinyasa Flow <i>Body&Mind Zone</i>
13.30-14.20 Cross Training <i>Fitness Zone</i>	11.00-11.50 GAG <i>Fitness Zone</i>	11.30-12.30 Vinyasa Flow <i>Body&Mind Zone</i>	11.00-11.50 GAG <i>Fitness Zone</i>	11.30-12.30 Vinyasa Flow <i>Body&Mind Zone</i>	DOMENICA
14.30-14.50 Abdominal <i>Cardio Zone</i>	11.30-12.30 Indoor Cycling <i>Road Race Zone</i>	13.30-14.20 Cross Training <i>Fitness Zone</i>	11.30-12.30 Indoor Cycling <i>Road Race Zone</i>	13.30-14.20 Cross Training <i>Fitness Zone</i>	
17.30-18.00 Tabata <i>Cardio Zone</i>	13.30-14.20 Padel Athletic <i>Fitness Zone</i>	14.30-14.50 Abdominal <i>Cardio Zone</i>	13.30-14.20 Padel Athletic <i>Fitness Zone</i>	14.30-14.50 Abdominal <i>Cardio Zone</i>	11.00-11.50 Easy Sunday <i>A rotazione</i>
17.30-18.20 Pilates <i>Body&Mind Zone</i>	17.00-17.50 Posturale <i>Body&Mind Zone</i>	17.30-18.00 Tabata <i>Cardio Zone</i>	17.00-17.50 Miofascial Training <i>Body&Mind Zone</i>	17.30-18.00 Tabata <i>Cardio Zone</i>	
18.30-19.20 Cross Training <i>Fitness Zone</i>	17.00-17.50 Total body <i>Fitness Zone</i>	17.30-18.20 Pilates <i>Body&Mind Zone</i>	17.00-17.50 Total Body <i>Fitness Zone</i>	17.30-18.20 Pilates <i>Body&Mind Zone</i>	
18.30-19.30 Studio Pilates* <i>Studio Pilates</i>	17.30-18.30 Studio Pilates* <i>Studio Pilates</i>	18.30-19.20 Cross Training <i>Fitness Zone</i>	17.30-18.30 Studio Pilates* <i>Studio Pilates</i>	18.30-19.20 Cross Training <i>Fitness Zone</i>	
19.30-19.50 Abdominal <i>Cardio Zone</i>	18.00-18.50 Miofascial Training <i>Body&Mind Zone</i>	18.30-19.30 Studio Pilates* <i>Studio Pilates</i>	18.00-18.50 Posturale <i>Body&Mind Zone</i>	18.30-19.30 Studio Pilates* <i>Studio Pilates</i>	
19.30-20.30 Vinyasa Flow <i>Body&Mind Zone</i>	18.00-18.50 Zumba <i>Fitness Zone</i>	19.30-20.30 Vinyasa Flow <i>Body&Mind Zone</i>	18.00-18.50 Zumba <i>Fitness Zone</i>	19.30-19.50 Abdominal <i>Cardio Zone</i>	
19.30-21.00 Preboxe <i>Fitness Zone</i>	18.30-19.00 Allenamento al femminile <i>Cardio Zone</i>	19.30-21.00 Preboxe <i>Fitness Zone</i>	18.30-19.00 Allenamento al femminile <i>Cardio Zone</i>	19.30-20.30 Vinyasa Flow <i>Body&Mind Zone</i>	
19.45-20.45 Indoor Cycling <i>Road Race Zone</i>	19.00-19.50 Bodypump <i>Fitness Zone</i>	19.45-20.45 Indoor Cycling <i>Road Race Zone</i>	19.00-19.50 Bodypump <i>Fitness Zone</i>	19.30-21.00 Preboxe <i>Fitness Zone</i>	
20.45-21.45 Salsa/Bachata Base <i>Body&Mind Zone</i>	19.30-20.30 Indoor Cycling <i>Road Race Zone</i>		19.30-20.30 Indoor Cycling <i>Road Race Zone</i>		
21.45-22.45 Salsa/Bachata Princ-Int <i>Body&Mind Zone</i>	20.00-20.50 Funzionale <i>Fitness Zone</i>		20.00-20.50 Funzionale <i>Fitness Zone</i>		
			20.00-21.00 Salsa/Bachata Avanzato <i>Body&Mind Zone</i>		
			21.00-22.00 Salsa/Bachata Prep Gruppo <i>Body&Mind Zone</i>		

* lezione con abbonamento extra