

Sala A

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
	10,30-11,30 Yogalates GIGLIOLA	10,30-11,30 Ginn. Generale LUISA	10,30-11,30 Yogalates GIGLIOLA		
	13,30-14,30 TRaX Training MORENA		13,30-14,30 TRaX Training MORENA	14,30-15,30 TRaX T. ALESSANDRA	15,00-16,00 Karate Bambini
	17,00-18,00 Karate Bambini				16,00-17,30 Karate (cint. b/g/a/v/blu)
17,00-18,00 Judo Bambini	18,00-19,10 Karate Ragazzi	17,00-18,00 Judo Ragazzi	17,00-18,00 Karate Bambini	17,00-18,30 Judo Bambini	17,30-19,00 cint. marrone/nera
18,10-19,00 Pilates	19,10-20,20 Karate Agonisti	18,10-19,00 Pilates	18,00-19,10 Karate Ragazzi	18,30-20,00 Judo Ragazzi	
19,00-19,50 Pilates	20,20-21,45 Karate Adulti	19,00-19,50 Pilates	19,10-20,20 Karate Agonisti		
19,50-20,40 Pilates		19,50-20,40 Pilates	20,20-21,45 Karate Adulti		

Sala B

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9,30-10,30 Sbarra a Terra	9,30-10,30 Sbarra a Terra	9,30-10,30 Sbarra a Terra	9,30-10,30 Sbarra a Terra	9,30-10,30 Sbarra a Terra	
10,30-11,30 Classico	10,30-11,30 Classico	10,30-11,30 Classico	10,30-11,30 Classico	10,30-11,30 Classico	
15,30-17,00 Danza		15,30-17,00 Danza		15,30-17,00 Danza	
17,00-18,00 Danza		17,00-18,00 Danza		17,00-18,00 Danza	
18,00-19,30 Danza	18,00-19,00 Ginn.Gen.- Stretch LUISA	18,00-19,30 Danza	18,00-19,00 Ginn.Gen.- Stretch LUISA	18,00-19,30 Danza	
19,30-20,30 Shaping ALDO	19,00-20,00 H.I.I.T. SIMONA	19,30-20,30 Body Pump ALDO	19,00-20,00 H.I.I.T. SIMONA	19,30-20,30 Muscle Definition ALDO	
20,30-21,30 Body Pump ALDO	20,30-21,30 Salsa Principianti	20,30-21,30 Shaping ALDO	20,00-21,30 Balli Standard/Latini	20,30-21,30 G.A.G & Tone ALDO	
	21,30-22,30 Salsa Intermedio		21,30-22,30 Bachata Fusion		
	22,30-23,30 Bachata Open		22,30-23,30 Cuba 2 - Salsa Avanzata		

Sala C

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9,30-10,30 Ginn. Generale LUISA		9,30-10,30 Ginn. Posturale LUISA		9,30-10,30 Ginn. Posturale LUISA	
10,30-11,30 Quick Sculpt MORENA	9,30-10,30 Total Body GIGLIOLA	10,30-11,30 G.A.G. ALESSANDRA	9,30-10,30 Total Body GIGLIOLA	10,30-11,30 Tone Up MORENA	11,00-12,00 Total Fusion Circuit MORENA
13,30-14,30 Body Pump ALESSANDRA		13,30-14,30 Body Pump ALESSANDRA		13,30-14,30 Power G.A.G. ALESSANDRA	13,30-15,00 Boxe
14,30-15,30 Muscle Defn. ALESSANDRA	13,30-15,00 Boxe	14,30-15,30 Circuit Training ALESSANDRA	13,30-15,00 Boxe		
15,30-16,30 Danza		15,30-16,30 Danza	15,00-16,00 Danza	15,30-16,30 Danza	
16,30-17,30 Danza	16,00-17,00 Danza	16,30-17,30 Danza	16,00-17,00 Danza	16,30-17,30 Danza	
17,30-18,30 Functional Training EMANUELE	17,00-18,00 Ginn. Posturale LUISA	17,30-18,30 Body Barbell MORENA	17,00-18,00 Ginn. Posturale LUISA	17,30-18,30 A.B.S. Core MORENA	
18,30-19,30 H.I.I.T. EMANUELE	18,00-19,00 Total Body SIMONA	18,30-19,30 A.B.S. Core MORENA	18,00-19,00 Total Body SIMONA	18,30-19,30 Body Barbell MORENA	
19,30-20,45 Muay Thai	19,00-20,00 Boxe	19,30-20,45 Muay Thai	19,00-20,00 Boxe	Muay Thai 19,30-20,45	
20,45-22,00 Kick Boxing		20,45-22,00 Kick Boxing	20,30-21,30 Salsa Lab. coreografico	20,45-22,00 Kick Boxing	