

Sala C

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
9,30-10,30 Ginn.Generale LUISA	9,30-10,30 Total Body GIGLIOLA	9,30-10,30 Ginn.Posturale LUISA	9,30-10,30 Total Body GIGLIOLA	9,30-10,30 Ginn.Posturale LUISA	
	10,30-11,30 Yogalates GIGLIOLA		10,30-11,30 Yogalates GIGLIOLA		10,30-11,30 Interval Train. MORENA
13,30-14,30 Body Pump ALESSANDRA	13,30-14,30 TRaX Circuit MORENA	13,30-14,30 Body Pump ALESSANDRA	13,30-14,30 TRaX Circuit MORENA	13,30-14,30 Cardio G.A.G. ALESSANDRA	
14,30-15,30 Muscle Defn. ALESSANDRA		14,30-15,30 G.A.G. ALESSANDRA			
15,30-16,30 Danza	16,00-17,00 Danza	15,30-16,30 Danza	16,00-17,00 Danza	15,30-16,30 Danza	
16,30-17,30 Danza	17,00-18,00 Ginn.Posturale LUISA	16,30-17,30 Danza	17,00-18,00 Ginn.Posturale LUISA	16,30-17,30 Danza	
17,30-18,30 Total Body ALESSANDRA	18,00-19,00 Total Body SIMONA	17,30-18,30 Seven MORENA	18,00-19,00 Total Body SIMONA	17,30-18,30 Cardio Circ. MORENA	
18,30-19,30 Body Pump ALESSANDRA	19,00-20,00 H.I.I.T. SIMONA	18,30-19,30 G.A.G. MORENA	19,00-20,00 H.I.I.T. SIMONA	18,30-19,30 Body Pump MORENA	
19,30-21,15 Kick Boxing	20,15-21,15 Salsa Princ.	19,30-21,15 Kick Boxing	20,00-21,30 Balli Standard	19,30-21,15 Kick Boxing	
	21,15-22,15 Salsa Interm.		21,30-23,15 Accademy Caraib.		
	22,15-23,15 Bachata Interm.				

Sala D

lunedì	martedì	mercoledì	giovedì	venerdì	sabato
15,30-17,00 Danza	16,30-18,00 Danza	15,30-17,00 Danza	16,30-18,00 Danza	15,30-17,00 Danza	
17,00-18,00 Danza	18,00-18,50 Pilates	17,00-18,00 Danza	18,00-18,50 Pilates	17,00-18,00 Danza	
18,00-19,00 Danza	18,50-19,40 Pilates	18,00-19,00 Danza	18,50-19,40 Pilates	18,00-19,00 Danza	
19,00 20,30 Danza	19,40-20,30 Pilates	19,00 20,30 Danza	19,40-20,30 Pilates	19,00 20,30 Danza	
20,30-21,30 Danza			20,30-21,30 Salsa Lab.	20,30-21,30 Danza	