

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<b>ENERGY ROOM</b>		06:30-07:30 FUNCTIONAL \ YVELIN			
	13:15-14:00 BODYSCULPT \ SASCHA	13:15-14:15 TONE UP \ CHIARA	13:00-13:30 CORE & FLEX training \ SASCHA	13:15-14:15 TONE UP \ CHIARA	13:15-14:15 COREO STEP \ SASCHA
	14:00-14:30 GLUTEI & ADDOME \ SASCHA		13:30-14:00 GAMBE & GLUTEI \ SASCHA		
			14:00-14:30 UPPER BODY \ SASCHA		
	18:15-19:15 ZUMBA \ MARQUINO	18:30-19:15 CIRCUIT FUNCTIONAL \ YVELIN	18:30-19:00 GAMBE & GLUTEI \ STEFANIA	18:30-19:15 CIRCUIT FUNCTIONAL \ YVELIN	18:15-19:15 ZUMBA \ MARQUINO
	19:15-20:00 BODYSCULPT \ SASCHA	19:15-20:45 CROSS BOXE \ FEDERICO	19:00-19:30 UPPER BODY \ STEFANIA	19:15-20:45 CROSS BOXE \ FEDERICO	
			19:30-20:30 ZUMBA \ MARQUINO		
<b>FITNESS ROOM</b>	09:30-10:30 AEROTONE \ CHIARA	09:30-10:15 WALKING & CARDIO* \ SASCHA		09:30-10:15 WALKING & TONE* \ SASCHA	09:30-10:30 AEROTONE \ CHIARA
			10:30-11:30 ZUMBA \ MARQUINO		
	13:15-14:00 WALKING* \ CLAUDIA	13:15-14:00 SPINNING* \ CLAUDIA	13:15-14:00 WALKING* \ CLAUDIA		
		18:00-18:45 WALKING BASIC* \ GASTONE		18:00-18:45 WALKING & TONE* \ SASCHA	
18:30-19:30 CIRCUIT FUNCTIONAL \ NICOLETTA	18:45-19:45 SPINNING PRO* \ SASCHA	18:30-19:30 CIRCUIT FUNCTIONAL \ FEDERICO	18:45-19:45 SPINNING PRO* \ SASCHA		
19:30-20:30 SPINNING* \ NICOLETTA	19:45-20:30 WALKING & FUNCTIONAL \ GASTONE	19:30-20:30 SPINNING* \ ANDREA	19:45-20:30 WALKING & CARDIO* \ SASCHA		
	10:15-11:00 PANCAFIT* \ SASCHA		10:15-11:00 GYROKINESIS* \ SASCHA		
11:00-12:00 PILATES* \ VLADIMIR		11:00-12:00 PILATES* \ CATERINA		11:00-11:45 PANCAFIT* \ SASCHA	
13:00-14:00 PILATES* \ VLADIMIR	13:00-14:00 YOGAFIT* \ FABIANA	13:00-14:00 YOGAFIT* \ VLADIMIR	13:00-14:00 YOGAFIT* \ FABIANA	13:00-14:00 PILATES* \ VLADIMIR	
18:30-19:15 PANCAFIT* \ SASCHA	18:00-19:00 PILATES* \ VLADIMIR	18:30-19:30 GYROKINESIS* \ SASCHA	18:00-19:00 PILATES* \ VLADIMIR		
19:15-20:45 KUNDALINI YOGA* \ ARIANNA	19:00-20:00 PILATES* \ VLADIMIR	19:30-20:30 STRETCHING* \ STEFANIA	19:00-20:00 PILATES* \ VLADIMIR	19:00-20:00 FLOW YOGA* \ ANNALISA	
	20:00-21:00 PILATES* \ VLADIMIR		20:00-21:00 PILATES* \ VLADIMIR		

\*CORSO A NUMERO CHIUSO: RICHIEDE LA PRENOTAZIONE OBBLIGATORIA TRAMITE APP

**IL PLANNING POTRÀ SUBIRE VARIAZIONI NEL CORSO DELL'ANNO**