

LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ		
Mind Room	Fitness Room	Functional Room	Mind Room	Fitness Room	Functional Room	Mind Room	Fitness Room	Functional Room	Mind Room	Fitness Room	Functional Room	Mind Room	Fitness Room	Functional Room
	09:15 - 10:00 <u>POSTURAL FIT</u>	08:45 - 09:00 <u>Risveglio muscolare</u>	09:45 - 10:30 <u>ZUMBA GOLD</u>	09:30 - 10:30 <u>YOGA</u>	08:45 - 09:00 <u>Risveglio muscolare</u>		08:40 - 09:25 <u>POSTURAL FIT</u>	10:00 - 10:15 <u>STRENGHT</u>		09:15 - 10:00 <u>PILATES</u>	08:45 - 09:00 <u>Risveglio muscolare</u>	09:45 - 10:30 <u>ZUMBA GOLD</u>	08:50 - 09:35 <u>FLEXIBILITY</u>	08:50 - 09:35 <u>Risveglio muscolare</u>
	10:05 - 10:50 <u>PILATES</u>	10:00 - 10:15 <u>HIIT</u>	10:45 - 11:30 <u>ZUMBA (MIND ROOM)</u>		10:00 - 10:15 <u>Olistico</u>		09:30 - 10:15 <u>FLEXIBILITY</u>			10:05 - 10:50 <u>TONE-UP</u>	10:00 - 10:15 <u>HIIT</u>	10:45 - 11:30 <u>ZUMBA (MIND ROOM)</u>	09:40 - 10:40 <u>HATHA YOGA</u>	10:00 - 10:15 <u>HIIT</u>
				13:00 - 13:45 <u>ZUMBA (FITNESS ROOM)</u>					13:00 - 13:45 <u>PUMP (MIND ROOM)</u>				13:00 - 13:45 <u>ZUMBA (FITNESS ROOM)</u>	
		15:30 - 15:45 <u>Balance</u>			15:30 - 15:45 <u>KETTLEBELL</u>			15:30 - 15:45 <u>Balance</u>			15:30 - 15:45 <u>KETTLEBELL</u>		17:40 - 18:25 <u>WALK FUSION</u>	15:30 - 15:45 <u>Balance</u>
		17:00 - 17:15 <u>ADDOMINALI</u>			17:00 - 17:15 <u>HIIT</u>			17:00 - 17:15 <u>EXPRESS ABS</u>			17:00 - 17:15 <u>AGILITY</u>			17:00 - 17:15 <u>HIIT</u>
18:20 - 19:05 <u>FITBOXE</u>	18:50 - 19:35 <u>WALK FUSION</u>	18:45 - 19:00 <u>STRENGHT</u>		18:35 - 19:20 <u>BODY STRETCH</u>	18:45 - 19:00 <u>HIIT</u>	18:15 - 19:00 <u>FITBOXE</u>	18:55 - 19:35 <u>POSTURAL</u>	18:45 - 19:00 <u>EXPRESS ABS</u>	18:15 - 19:00 <u>BODY-GAG (MIND ROOM)</u>	18:00 - 18:45 <u>TONE-UP</u>	18:45 - 19:00 <u>ADDOMINALI</u>	18:15 - 19:00 <u>FITBOXE</u>	18:30 - 19:15 <u>Jumping</u>	18:30 - 19:15 <u>TONI</u>

19:10 - 19:55 <u>TOTAL BODY</u>	19:40 - 20:25 <u>CIRCUIT JUMPING</u>	19:15 - 19:30 <u>TONIFICAZIONE</u>		19:25 - 20:10 <u>BODY-GAG (FITNESS ROOM)</u>	19:15 - 19:30 <u>AGILITY</u>	19:05 - 19:50 <u>STRIKING</u>	20:00 - 20:45 <u>PILATES</u>	19:15 - 19:30 <u>FAT BURN</u>	19:05 - 19:50 <u>BODY STRETCH</u>	18:50 - 19:35 <u>PUMP (FITNESS ROOM)</u>	19:15 - 19:30 <u>TONIFICAZIONE</u>		19:20 - 20:20 <u>SPINNING</u>	19:20 - 20:20 <u>SPINNING</u>
19:55 - 20:40 <u>ZUMBA (MIND ROOM)</u>	20:30 - 21:45 <u>YOGA</u>			20:15 - 21:15 <u>SPINNING</u>					20:00 - 20:45 <u>ZUMBA (MIND ROOM)</u>	19:40 - 20:40 <u>SPINNING</u>				