

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>	10:45 - 11:30 <u>ZUMBA (MIND ROOM)</u>	09:30 - 10:30 <u>YOGA</u>	10:00 - 10:15 <u>Olistico</u>		08:40 - 09:25 <u>POSTURAL FIT</u>	10:00 - 10:15 <u>Strenght</u>		09:15 - 10:00 <u>PILATES</u>			09:30 - 10:30 <u>HATHA YOGA</u>	10:00 - 10:15 <u>AGILITÀ</u>
	10:05 - 10:50 <u>PILATES</u>	10:00 - 10:15 <u>HIIT</u>		09:45 - 10:30 <u>ZUMBA GOLD</u>			09:30 - 10:15 <u>FLEXIBILITY</u>			10:05 - 10:50 <u>STONE-UP</u>			10:35 - 11:20 <u>FLEXIBILITY</u>	
12:45 - 13:30 <u>PUMP (MIND ROOM)</u>				12:45 - 13:30 <u>BODY-GAG (FITNESS 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>	17:30 - 18:15 <u>STRIKING</u>		17:00 - 17:15 <u>EXPRESS ABS</u>			17:00 - 17:15 <u>AGILITY</u>		17:40 - 18:25 <u>WALK FUSION</u>	
		17:00 - 17:15 <u>ADDOMINALI</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>	20:15 - 21:00 <u>SAMBAFIT</u>	18:00 - 18:45 <u>SPINNING</u>	18:45 - 19:00 <u>HIIT</u>	18:15 - 19:00 <u>FITBOXE</u>	18:00 - 18:45 <u>WALKING</u>	18:45 - 19:00 <u>EXPRESS ABS</u>	20:00 - 20:45 <u>ZUMBA (MIND ROOM)</u>	18:50 - 19:35 <u>PUMP (FITNESS ROOM)</u>	18:45 - 19:00 <u>ADDOMINALI</u>	19:05 - 19:50 <u>FITBOXE</u>	18:30 - 19:15 <u>JUMPING</u>	18:45 - 19:00 <u>TONIFICAZIONE</u>

