

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	Fun
	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>			08:50 - 09:35 <u>FLEXIBILITY</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>TONE-UP</u>			09:40 - 10:40 <u>HATHA YOGA</u>	
				13:00 - 13:45 <u>ZUMBA (FITNESS ROOM)</u>			12:45 - 13:30 <u>BODY-GAG (FITNESS ROOM)</u>		12:45 - 13:30 <u>PUMP (MIND ROOM)</u>					
17:30 - 18:15 <u>STRIKING</u>		15:30 - 15:45 <u>Balance</u>			15:30 - 15:45 <u>KETTLEBELL</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>	19:30 - 20:15 <u>SAMBAFIT</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>	19:05 - 19:50 <u>FITBOXE</u>	18:30 - 19:15 <u>JUMPING</u>	
19:10 - 19:55 <u>TOTAL BODY</u>	19:40 - 20:25 <u>CIRCUIT JUMPING</u>	19:15 - 19:30 <u>TONIFICAZIONE</u>	20:15 - 21:00 <u>Reggaetton</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>			19:20 - 20:20 <u>SPINNING</u>	

19:55 - 20:40 <u>ZUMBA</u> ( <u>MIND</u> <u>ROOM</u> )	20:30 - 21:45 <u>YOGA</u>			20:15 - 21:15 <u>SPINNING</u>						20:00 - 20:45 <u>ZUMBA</u> ( <u>MIND</u> <u>ROOM</u> )	19:40 - 20:40 <u>SPINNING</u>				
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