

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

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