

APERTURA CENTRO ORE 8:00	APERTURA CENTRO 6:50	APERTURA CENTRO ORE 8:00	APERTURA CENTRO ORE 8:00	APERTURA CENTRO 6:50	APERTURA CENTRO 8:30
<b>lunedì</b>	<b>martedì</b>	<b>mercoledì</b>	<b>giovedì</b>	<b>venerdì</b>	<b>sabato</b>
	7:00 <b>Pt GLAMOUR</b>			7:00 <b>Pt GLAMOUR</b>	
9:10 <b>onekore</b>	9:10 <b>pilates</b>	9:10 <b>car fit</b>	9:10 <b>flow fit</b>	9:10 <b>funzionale</b>	
	10:00 <b>Pt special</b>		10:00 <b>Pt special</b>		
10:30 <b>funzional walk</b>	10:20 <b>dolce</b>	10:30 <b>funzional walk</b>	10:20 <b>posturale</b>	10:20 <b>dolce</b>	10:30 <b>hata yoga</b>
13:15 <b>pilates</b>	13:15 <b>car fit</b>	13:15 <b>zumba</b>	13:30 <b>trx</b>	13:15 <b>power onekore</b>	
13:30 <b>Pt special</b>	13:15 <b>Pt special</b>	13:30 <b>Pt special</b>	13:15 <b>Pt special</b>	13:30 <b>Pt special</b>	
	14:15 <b>Pt special</b>		14:15 <b>Pt special</b>		14:00 <b>brucia grassi</b>
15:00 <b>funzional walk</b>	14:30 <b>total body</b>	15:00 <b>funzional walk</b>	14:30 <b>all. Funzionale</b>	15:00 <b>funzional walk</b>	15:00 <b>zumba</b>
	15:30 <b>Pt special</b>		15:30 <b>Pt special</b>		
16:30 <b>all. Funzionale</b>	15:40 <b>walking</b>	17:00 <b>Pt special</b>	15:40 <b>walking</b>		
16:45 <b>Pt special</b>	16:10 <b>zumba</b>		16:10 <b>total cardio</b>	16:30 <b>step total Body</b>	
17:45 <b>hata yoga</b>	17:15 <b>pilates</b>	17:40 <b>pilates</b>	17:15 <b>pilates</b>	16:45 <b>Pt special</b>	
18:15 <b>Pt GLAMOUR</b>	17:10 <b>Pt special</b>	18:15 <b>Pt GLAMOUR</b>	17:10 <b>Pt special</b>		
18:50 <b>funzional walk</b>	18:15 <b>total push</b>	18:50 <b>funzional walk</b>	18:15 <b>total push</b>	18:00 <b>pilates</b>	
19:15 <b>onekore</b>	18:10 <b>Pt special</b>	19:15 <b>zumba</b>	18:10 <b>Pt special</b>	18:15 <b>Pt GLAMOUR</b>	
19:15 <b>Pt special</b>	19:15 <b>Step total body</b>	19:15 <b>Pt special</b>	19:15 <b>G.A.G</b>	19:15 <b>tonic fit-boxe</b>	
19:35 <b>funzional walk</b>	19:15 <b>Pt special</b>	19:35 <b>funzional walk</b>	19:15 <b>Pt special</b>	19:35 <b>funzional walk</b>	
20:10 <b>Pt special</b>	20:10 <b>Pt special</b>	20:10 <b>Pt special</b>	20:10 <b>Pt special</b>	19:15 <b>Pt special</b>	
20:20 <b>h.i.i.t work</b>	20:15 <b>higt intensive</b>	20:20 <b>spinning</b>	20:15 <b>tabata</b>		
CHIUSURA CENTRO ORE 22:00	CHIUSURA CENTRO ORE 22:00	CHIUSURA CENTRO ORE 22:00	CHIUSURA CENTRO ORE 22:00	CHIUSURA CENTRO ORE 21:30	CHIUSURA CENTRO 17:30