LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	sabato
Apertura centro 8:30	Apertura centro 8:30	Apertura centro 7:00	Apertura centro 8:30	Apertura centro 7:00	Apertura centro 8:30
		07:15 PT SPECIAL		**07:15** PT SPECIAL	
09:15 ONEKOR	**09:15** PILATES			**09:15** FUNZIONALE	
10:00 PT SPECIAL	**10:15** GINNASTICA DOLCE	**10:00** PT SPECIAL	**10:15** GINNASTICA DOLCE		**10:30** YOGA
13:15 POSTURALE	**13:20** CALISTHENICS		**13:20** CALISTHENICS	**13:15** ONEKOR	
		13:30 PT SPECIAL		**13:30** PT SPECIAL	
	15:00 BLOCK TRAINING		**15:00** STEP TONIC		**14:15** BRUCIA GRASSI
15:30 WALKING	**15:30** PT SPECIAL	**15:30** WALKING	**15:30** PT SPECIAL	**15:30** WALKING	**15:20** CARIBBEAN FIT
16:15 FUNZIONALE	**16:30** HIGH INTENSITY GLUTEO	**16:15** FUNZIONALE	**16:30** HIGH INTENSITY CORE	**16:10** trx 30'	
17:20 YOGA	**17:10** PILATES	**17:30** PILATES	**17:10** PILATES		
17:30 PT SPECIAL		**17:30** PT SPECIAL		**17:30** PT SPECIAL	
	18:20 TOTAL BODY		**18:20** TOTAL BODY	**17:40** PILATES	
18:40 WALKING	**19:00** PT SPECIAL	**18:40** WALKING	**19:00** PT SPECIAL	**18:45** WALKING	
19:20 ONEKOR	**19:30** PUSH	**19:20** POWER	**19:30** PUSH		
19:30 PT SPECIAL	**20:00** PT SPECIAL	**19:30** PT SPECIAL	**20:00** PT SPECIAL	**19:30** PT SPECIAL	
Chiusura centro 21:30	**Chiusura centro 21:30**	**Chiusura centro 21:30**	**Chiusura centro 21:30**	**Chiusura centro 21:30**	**Chiusura centro 17:30**