






# FITNESS

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
9:30 - 10:30 Senior Class	9:30 - 10:30 Zen Stretching	9:30 - 10:30 Senior Class	9:30 - 10:30 Zen Stretching	9:30 - 10:30 Senior Class
9:30 - 10:30 Zen Stretching		9:30 - 10:30 Step		9:30 - 10:30 Cardio Pump
10.30 - 11.30 Global Training	11:00 - 12:00 Zen Stretching		11:00 - 12:00 Zen Stretching	
13:30 - 14:30 Total Body		13:30 - 14:30 Total Body		13:45 - 14:45 Total Body
17:00 - 18:00 Global Training	17:00 - 18:00 Aerobica base	17:00 - 18.00 R.M.L.	17:00 - 18:00 Step base	17:00 - 18:00 ZUMBA
		17:00 - 18.00 ZUMBA		18:00 - 19:00 Welcome Step
18:00 - 19:00 Cardio G.A.G.	18:00 - 19:00 Zen Stretching	18:00 - 19:00 Cardio G.A.G.	18:00 - 19:00 Zen Stretching	19:00 - 20:00 Zen Stretching
19:00 - 20:00 Super Circuit	19:00 - 20:00 Aero boxe	19:00 - 20:00 Super Circuit	19:00 - 20:00 Aero boxe	
	20:00 - 21:00 Ginn. Corpo Libero		20:00 - 21:00 Ginn. Corpo Libero	