



FITNESS

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
9:15 - 10:15 Posturale		9:15 - 10:15 Posturale		9:15 - 10:15 Posturale
	10:40 - 11:40 Tonificazione		10:40 - 11:40 Tonificazione	
14:00 - 15:00 Intensive Training		14:00 - 15:00 Intensive Training		14:00 - 15:00 Intensive Training
15:30 - 16:30 Power Yoga		15:30 - 16:30 Power Yoga		15:30 - 16:30 Power Yoga
16:30 - 17:30 Power Stretching		16:30 - 17:30 Power Stretching		16:30 - 17:30 Power Stretching
17:30 - 18:30 Aero G.A.G.	17:00 - 18:00 Total Body Workout	17:30 - 18:30 Interval Step	17:00 - 18:00 Cardio Ton	16:30 - 17:30 Power Stretching
	18:00 - 19:00 Pilates		18:00 - 19:00 Pilates	17:30 - 18:30 Power Pump
	18:00 - 19:00 Zumba		18:00 - 19:00 Zumba	
19:00 - 20:00 Body Pump	19:00 - 19:30 Stretching	19:00 - 20:00 G.A.G.	19:00 - 19:30 Stretching	19:00 - 20:00 Total Body Workout
	19:00 - 20:00 Body Pump		19:00 - 20:00 G.A.G.	