

# SALA 1

LUNEDÌ  
23/12 e 30/12

GIOVEDÌ  
2/01

VENERDÌ  
27/12 e 3/01

9.00-9.55 TONE UP	9.00-9.55 AEROBICA	9.00-9.55 CIRCUIT TRAINING
	10.00-10.55 FIT PILATES	10.00-10.55 PILATES
11.30-14.00 MOBILITY TRAINING	11.00-12.25 HATHA YOGA	
13.15-14.10 POWER GAG	13.00-14.00 GAG	13.15-14.10 PILATES
17.15-18.10 TOTAL BODY	17.00-17.55 TOTAL BODY	17.00-17.55 DANCE&TONE
	18.15-19.10 PHA ALLENAMENTO PER DIMAGRIRE	18.00-15.55 CIRCUIT STEP&BOXE
19.00-19.55 POSTURALE	19.00-19.55 STRETCHING	19.00-19.55 POSTURALE <i>CON RUBEN</i>
20.00-20.55 YOGA		20.0-20.55 YOGA <i>CON RUBEN</i>

# SALA 2

LUNEDÌ  
23/12 e 30/12

GIOVEDÌ  
2/01

VENERDÌ  
27/12 e 3/01

9.30-10.25 GINNASTICA DOLCE	9.30-10.25 FUNZIONALE	9.30-10.25 GINNASTICA DOLCE
10.30-11.25 GINNASTICA DOLCE	10.30-12.30 OPEN	10.30-11.25 GINNASTICA DOLCE
11.30-13.00 OPEN		11.30-13.00 OPEN
13.00-14.30 Fit30	1230-14.30 OPEN	13.00-14.30 Fit30
15.00-18.15 OPEN	15.00-16.55 OPEN	15.00-18.15 OPEN
18.15-19.10 CIRCUITO METABOLICO	18.15-19.10 CIRCUIT TRAINING	18.15-19.10 CIRCUIT TRAINING
19.15-20.10 BODY FOCUS	19.15-20.10 CALISTHENICS WORKOUT	19.15-20.10 BODY STRONG
20.15-21.30 OPEN	20.15-21.30 OPEN	20.15-21.30 OPEN