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MATTINA

Posturale 09.30 - 10.15 Stefy	Total 10.15 - 11.00 Stefy
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Body Flex 09.30 - 10.15 Sam	Circuit 10.15 - 11.00 Sam
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Pilates 09.30 - 10.15 Chri	Body Tone 10.15 - 11.00 Chri
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Body Flex 09.30 - 10.15 Silvia	Tone Up 10.15 - 11.00 Silvia
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Posturale 09.30 - 10.15 Roby	Total 10.15 - 11.00 Roby
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SPECIAL CLASS ZUMBA KIDS 11.00 - 11.45 Angie	
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PRANZO

Fit-Box 12.45 - 13.30 Chri	
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Circuito 12.45 - 13.30 Fede	
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Body Pump 12.45 - 13.30 Silvia	
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Yoga 12.45 - 13.30 Alice	
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POMERIGGIO

Pilates 19.00 - 19.30 Chri	Spartan 19.30 - 20.15 Chri
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Addome 19.00 - 19.30 Fede	Circuito 19.30 - 20.15 Fede
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Addome 19.00 - 19.30 Silvia	Circuito 19.30 - 20.15 Silvia
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Zumba 19.00 - 19.45 Angy	
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