

CORSI FITNESS					
LUN – MERC - VEN		MART - GIOV		SABATO	
SALA 1	SALA 2	SALA1	SALA 2	SALA 1	Sala 2
<u>9.00 - 10.00</u> PILATES	<u>9.45 - 10.35</u> TOTAL BODY (50')	<u>9.00 – 9.50</u> GAG (50')			
<u>10.00 - 11.00</u> STEP & PUMP				<u>12.00 – 13.00</u> PILATES	
<u>13.30 – 14.30</u> ZUMBA		<u>14.00 – 15.00</u> BREAKDANCE	<u>14.00 – 15.00</u> PILATES	<u>16.00 – 17.00</u> PUMP	<u>16.00 – 17.00</u> HIP - HOP
<u>14.30 – 15.30</u> TOTAL BODY			<u>17.00 – 18.00</u> PILATES	<u>17.00 – 18.00</u> FIT KOMBAT	
<u>17.00 – 18.00</u> CAPOEIRA (principianti)	<u>17.30 – 18.00</u> GAMBE & GLUTEI (30')	<u>17.30 – 18.30</u> HIP – HOP Jr.			
<u>18.00 – 18.30</u> ADDOME & FIANCHI (30')	<u>18.00 – 19.00</u> FIT KOMBAT		<u>18.00 – 19.00</u> YOGA PILATES		
<u>19.00 – 20.00</u> GAG	<u>19.30 – 20.30</u> FIT KOMBAT	<u>18.30 – 19.30</u> HIP – HOP Sr.			
<u>20.00 – 21.00</u> ZUMBA	<u>20.30 – 21.30</u> BODY SCULPT	<u>20.00 – 21.00</u> PUMP		<u>20.30 – 21.30</u> FIT KOMBAT	
<u>21.00 – 22.00</u> PUMP					

SPINNING		
LUN – MERC - VEN	MART - GIOV	SABATO
13.45 – 14.45		
19.00 – 20.00		17.00 – 18.00
21.00 – 22.00	20.00 – 21.00	

EASY LINE	
LUN – MERC - VEN	MART - GIOV
(solo lunedì) 10.00 – 11.00	10.00 – 10.45
20.00 – 20.30	17.00 – 17.45
20.30 – 21.00	19.30 – 20.00
	20.00 – 20.30