

<b>FITNESS</b>	<b>Lunedì</b>	<b>Martedì</b>	<b>Mercoledì</b>	<b>Giovedì</b>	<b>Venerdì</b>
<b>9:30</b>		<b>Pilates</b>		<b>Pilates</b>	
<b>10:30</b>		<b>Stretching 30'</b>		<b>Stretching 30'</b>	
<b>10:30</b>	<b>Total Body</b>		<b>Total Body</b>		
<b>11:00</b>		<b>Posturale</b>		<b>Posturale</b>	
<b>17:00</b>		<b>Posturale</b>		<b>Posturale</b>	
<b>18:00</b>		<b>Pilates</b>		<b>Pilates</b>	
<b>18:00</b>	<b>Cross Training</b>		<b>Cross Training</b>		<b>Functional Flex</b>
<b>18:00</b>			<b>GAG</b>		<b>GAG</b>
<b>19:00</b>	<b>Cross Training</b>		<b>Cross Training</b>		<b>Cross Training</b>
<b>19:00</b>	<b>Total Body</b>			<b>Total Body</b>	
<b>19:30</b>		<b>Spinning</b>		<b>Spinning</b>	

**SALA PESI** (Body Building e Cardio Fitness) 8:30-21:00, SABATO 9:00-13:00  
Istruttore presente in sala dal Lunedì al Venerdì con orario 9.30-13:30 e 14:30-21:00