

| LUNEDI | MARTEDI | MERCOLEDI | GIOVEDI | VENERDI | SABATO |
|--|------------------------------|--|------------------------------|-----------------------------------|--------------------|
| 09,15-10,00 AERO DANCE | 9,30-10,30 GINN. DOLCE | 9,15-10,00 STEP | 9,30-10,30 GINN. DOLCE | 09,15-10,00 AERO DANCE | |
| 10,00-10,45 TONE UP | | 10,00-10,45 TONE UP | | 10,00-10,45 TONE UP | 10,10-11,10 TRX |
| 12,15-12,45-13,15 TRX | 12,45-13,45 YOGA | 12,45-13,30 SPINNING | 12,45-13,45 YOGA | | |
| | 14,30-15,30 GINN. DOLCE | | 14,30-15,30 GINN. DOLCE | | |
| 17,15-18,00 HIP HOP JUNIOR | | 17,15-18,00 HIP HOP JUNIOR | | 17,15-18,00 HIP HOP INTERMEDIO | |
| 18,00-19,00 HIP HOP AVANZATO | 18,00-19,00 TRX | 18,00-19,00 HIP HOP INTERMEDIO | 18,00-19,00 TRX | 18,00-19,00 HIP HOP AVANZATO | |
| 19,00-19,45 STEP | 19,00-20,00 POWER YOGA | 19,00-19,45 TOTAL BODY COND. | 19,00-20,00 POWER YOGA | 19,00-19,45 AERO DANCE | |
| 19,45-20,30 CARDIOTONE | 20,00-21,00 BODY PUMP | 19,45-20,30 AERO DANCE | 20,00-21,00 BODY PUMP | 19,45-20,30 TONE UP | |
| 18,00-19,00 FUNCTIONAL | | 18,00-19,00 FUNCTIONAL | | | |
| 19,00- 20,00 FUNCTIONAL | 19,00-20,00 SPINNING | 19,00- 20,00 FUNCTIONAL | 19,00-20,00 SPINNING | 18,00-19 POSTURALE | |
| | 20,00-21,00 SPINNING | | 20,00-21,00 SPINNING | 19,00-20,00 POSTURALE | |
| 18,00-19,00 JEET KUNE DO | 18,30-19,30 KARATE JUNIOR | 18,00-19,00 JEET KUNE DO | 18,30-19,30 KARATE JUNIOR | | |
| 19,00-20,30 DIFESA PERSONALE | 19,30-20,30 KARATE SENIOR | 19,00-20,30 DIFESA PERSONALE | 19,30-20,30 KARATE SENIOR | | |
| 20,30-21,30 BOXE Thunder Boxe Team | | 20,30-21,30 BOXE Thunder Boxe team | | | |

SALA A

SALA A

SALA B