

# SALA FITNESS

# SALA OLISTICA

	LUNEDì	MARTEDì	MERCOLEDì	GIOVEDì	VENERDì	SABATO
MATTINO	WALK & TONE 7:00 - 7:45 SAMANTHA		TOTAL BODY 7:00 - 7:45 SAMANTHA			WALKEXERCISE 8:30 - 9:15 SAMANTHA
	TOTAL BODY light 9:30 - 10:15 ANNALISA	WALK&TONE 9:15 - 10:00 MARY	PILATES 9:15 - 10:00 CRI	STRENGTH 45 9:30 - 10:15 MANUELA		WALKEXERCISE 9:30 - 10:15 MARTA/MARY
	TOTAL BODY 10:30 - 11:15 MARY	POSTURALE 10:15 - 11:00 CRI	PILATES 10:15 - 11:00 CRI	DANCE MIXX 10:30 - 11:15 MARY		TOTAL BODY 10:30 - 11:15 JONATHAN
		POSTURALE 11:15 - 12:00 CRI				DANCE MIXX 11:30 - 12:15 MARY/MANU/ALE
PRANZO	SUPERJUMP 12:45 - 13:30 CRI	STRENGTH 45 12:45 - 13:30 MANUELA	TOTAL BODY 12:45 - 13:30 EVA	CARDIO TONE 12:45 - 13:30 CRI	PILATES 12:45 - 13:30 CRI	
					PILATES 13:45 - 14:30 CRI	
POMERIGGIO		WALKEXERCISE 14.30 - 15.15 SIMONE		CARDIO TONE 14:30 - 15:15 JONATHAN		
		SUPERJUMP J. 3/5 16.30 - 17.15 MARY	SUPERJUMP 15:00 - 15:45 MARY	POSTURALE 15:30 - 16:15 JONATHAN		
			HIP HOP TEEN 12+ 16.55 - 17.55 MARCO	SUPERJUMP J. 6-11 17.00 - 17.45 CRI		
	CARDIO TONE 17:30 - 18:15 EVA	HIP HOP 6-11 17:20 - 18:20 VERONICA	TOTAL BODY 18:00 - 18:45 MARTA	DANCE MIXX 18:00 - 18:45 MANUELA	G.A.G. 17:30 - 18:15 SOFIA	
SERA	ABS 18:30 - 19:15 MARTA	TABATA 18:30 - 19:15 JONATHAN	KETTLEBELL 19:00 - 19:45 GABRIELE	G.A.G. 19:00 - 19:45 EVA	FUNCTIONAL 18:30 - 19:15 SAMANTHA	
	DANCE MIXX 19:30 - 20:15 ALESSANDRA	GAB 19:30 - 20:15 MARTA	BOXE UP 20:00 - 20:45 FRANCESCO	TABATA 20:00 - 20:45 JONATHAN	BOXE UP 19:30 - 20:15 PAS	
	WALK & TONE 20:30 - 21:15 MARTA	SUPERJUMP 20:30 - 21:15 EVA	WALKEXERCISE 21:00 - 21:45 DAVIDE	GAG SUPERJUMP 21:00 - 21:45 EVA		

	LUNEDì	MARTEDì	MERCOLEDì	GIOVEDì	VENERDì	SABATO
MATTINO		PANCAFIT GROUP 8:00-9:00 MANUELA				
			PILATES 9:45 - 10:30 EVA		FLEX ZONE 9:30 - 10:15 MARY	
	FLYBOARD 10:15 - 11:00 CRI	FLYBOARD 10:30 - 11:15 MANU	VINYASA YOGA 10:45 - 11:30 ANNALISA		FLEX ZONE 10:30 - 11:15 MARY	PILATES 10:30-11:15 EVA
PRANZO					PANCAFIT GROUP 12:45-13:45 MANUELA	
POMERIGGIO	PANCAFIT GROUP 16:15 - 17:15 MANUELA	PRIMI PASSI 3-6 16:30 - 17:15 VERONICA			PILATES 17:30 - 18.15 DEBORA	
	POSTURALE 17:30 - 18:15 MANUELA	PILATES 17:30 - 18:15 DEBORA	FLEX ZONE 18.00 - 18.45 MARY	DANCE HALL 12+ 18:00 -19:00 MARTA	PILATES 18:30 - 19.15 DEBORA	
	POSTURALE 18:30 - 19:15 DEBORA	MIX STYLE 12+ 18.30 - 19.30 VERONICA	G.A.G. 19:00 - 19.45 MARTA	FLEX ZONE 19:15 - 20:00 MARY	PANCAFIT GROUP 19:30- 20:30 PAOLO	
	PILATES 19:30 - 20:15 SERENA	ABS 19:45 - 20:30 SAMANTHA	FLYBOARD 20:00 - 20:45 EVA	NATURAL YOGA FLOW 20:15 - 21:15 SONIA		
SERA	FLYBOARD 20:30 - 21:15 EVA	PILATES 20:45 - 21:30 SAMANTHA				

**FITNESS**

**OLISTICO**

**DIGITALE**

**KIDS / TEEN**

**PANCAFIT**