

<i>ORARI</i>	<i>Lunedì</i>	<i>Martedì</i>	<i>Mercoledì</i>	<i>Giovedì</i>	<i>Venerdì</i>	<i>Sabato</i>
9,00 – 10,00	Ginn. Dolce Daniele	Funx Gym Francesca Ginn.dolce	Ginn. Dolce – Daniele	Interval Tone Francesca Ginn.dolce	Ginn. Dolce – Daniele Step Tone - Manuela	Ginn.Dolce Daniele
9,30 – 10,30						Step Coreografico - Manuela
10,00 -11,00	<i>Pilates -Daniele</i> Fit Gym –Manuela	Gag – Francesca	Step Tone – Manuela <i>Pilates - Daniele</i>	Body & Mind Francesca Stretch	Total Body – Manuela <i>Pilates - Daniele</i>	<i>Pilates - Daniele</i>
10,30-11,30						Circuit training Manuela
11,00 – 12,00	SVC Program Antonella	Body Cumbia Alfredo	SVC Program Antonella		Body Cumbia Alfredo	
12,00 – 13,00		Circuit training - Marco		Interval Training - Marco		
13,30 – 14,30	Gag - Marianna		Total Body Marianna		Cardio Tone - Marianna	
15,00 – 16,00	Cardio Tone – Marianna		Gag – Marianna		Tone Up – Marianna	
16,00 – 17,00	GINN. DOLCE - RAFFAELE		GINN. DOLCE – RAFFAELE		GINN. DOLCE – RAFFAELE	
17,00 – 18,00	ZUMBA - LUIGI		ZUMBA - LUIGI		ZUMBA - LUIGI	
18,00 – 19,00	Aereo step Raffaele <i>Pilates Irene</i>	Interval Tone Francesca	Step coreografico Francesca <i>Pilates Irene</i>	Total Body Francesca	Step coreografico Francesca <i>Pilates Irene</i>	
19,00 – 20,00	Cardio Fitness Raffaele	Functional Circuit Francesca	Military Fit Marco	Functional Circuit Francesca	Military Fit Marco	
20,00 – 21,00	Body Cumbia Alfredo	Zumba - Elisabetta			Zumba - Elisabetta	
20,15 – 21,15				Body Cumbia Alfredo		