

ORARI	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9,00 – 10,00	Ginn. Dolce Alessandro	Funx Gym Francesca Ginn. Dolce Alessandro	Ginn. Dolce Alessandro SUMBALILA - ALEX	Interval Tone Francesca Ginn. Dolce Alessandro	Step Tone - Manuela Ginn. Dolce Alessandro	Ginn. Dolce Irene
9,30 – 10,30						Circuit training - Manuela
10,00 -11,00	Pilates - Alessandro Fit Gym –Manuela	Body & Mind Stretch Francesca	Step Tone – Manuela Pilates - Alessandro	Body & Mind Stretch Francesca	Total Body – Manuela Pilates - Alessandro	Pilates - Irene
10,30-11,30						SUMBALILA - ALEX
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 - Marco		Total Body Marco		Cardio Tone - Marco	
15,00 – 16,00	Cardio Tone –		Gag –		Tone Up –	
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 Pilates Irene	CARDIO FIT by SVC Program Antonella	SUMBALILA – Alex Pilates Irene	CARDIO FIT by SVC Program Antonella	SUMBALILA – Alex Pilates Irene	
19,00 – 20,00	Cardio Fitness Raffaele	FUNCTIONAL CIRCUIT by SVC Program Antonella	Military Fit Marco	FUNCTIONAL CIRCUIT by SVC Program Antonella	Military Fit Marco	
20,00 – 21,00	Body Cumbia Alfredo	Zumba - Elisabetta		Body Cumbia Alfredo	Zumba - Elisabetta	