



<u>Orario</u>	<u>Lunedì</u>	<u>Martedì</u>	<u>Mercoledì</u>	<u>Giovedì</u>	<u>Venerdì</u>	<u>Sabato</u>
8:15	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL	
9:30	TOTAL BODY	PILATES	STEP TONE	PILATES	FUNZIONALE	
10:30						
13:00			AEROBICA			
13:30		TRX		TRX		
13:30		HIROX		HIROX		
14:00	FUNZIONALE		FUNZIONALE		FUNZIONALE	
14:15						
14:15		FITBOXE		FITBOXE		
18:00	BODY TONE		BODY STEP		BODY TONE	
18:00		FUNCTIONAL		FUNCTIONAL		
18:00		TAEKWONDO		TAEKWONDO		
19:00	TRX		TRX			
19:00	PILATES		PILATES		TOTAL BODY	
19:00	CALISTHENICS	CALISTHENICS		CALISTHENICS	CALISTHENICS	
19:00		GROUP CYCLING		GROUP CYCLING		
19:00	TOTAL BODY		TOTAL BODY			
20:00	KARATE		KARATE		KARATE	
20:00		HIROX		HIROX		
20:15						