

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
10:15 - 11:15 ANDREA GINN.DOLCE		10:00 - 11:00 PAULINA HATHA YOGA		10:15 - 11:15 ANDREA GINN.DOLCE		10:00 - 11:00 PAULINA HATHA YOGA		10:15 - 11:15 LUCIA GINN.DOLCE		09:00 - 10:00 PAULINA HATHA YOGA	
11:00 - 12:00 STEFANO CAM.SPORTIVA		11:00 - 12:00 LUCIA CORPO LIBERO		11:00 - 12:00 STEFANO POST. STRETCH		11:00 - 12:00 LUCIA CORPO LIBERO		11:00 - 12:00 STEFANO CAM. SPORTIVA		10:00 - 11:00 ELENA ADV. PILATES	
		12:00 - 13:00 LUCIA PILATES				12:00 - 13:00 LUCIA PILATES				17:15 - 18:15 MONICA FIT FAMILY* 11:00 - 12:00 LUCIA ATL. ADULTI	
13:30 - 14:30 STEFANO TOTAL BODY		13:30 - 14:30 ELENA ADV. PILATES	13:30 - 14:30 P LUCIA ASSI CYCLING	13:30 - 14:30 STEFANO TOTAL BODY		13:30 - 14:30 ELENA ADV. PILATES	13:30 - 14:30 P LUCIA ASSI CYCLING	13:30 - 14:30 STEFANO CIRC.TRAINING		12:15 - 13:15 P LUCIA ASSI CYCLING	
	14:30 - 15:20 ELSA PILATES				14:30 - 15:20 ELSA PILATES	15:30 - 16:30 STEFANO FIT & WALK			14:10 - 15:00 ELSA POST. PILATES		
15:30 - 16:00 LUCIA TOTAL BODY	16:00 - 16:30 LUCIA STRETCHING	17:15 - 18:15 MONICA FIT FAMILY* 17:15 - 18:15 LUCIA ATL. ADULTI		15:30 - 16:00 LUCIA TOTAL BODY	16:00 - 16:30 LUCIA STRETCHING	17:15 - 18:15 LUCIA ATL. ADULTI	17:15 - 18:15 MONICA FIT FAMILY* 17:15 - 18:15 LUCIA ATL. ADULTI	15:30 - 16:00 LUCIA TOTAL BODY	16:00 - 16:30 LUCIA STRETCHING		
18:00 - 19:00 ANDREA GYM & FIELD	18:00 - 19:00 PAULINA ADV. YOGA	18:30 - 19:30 ELSA PILATES	18:30 - 19:30 LUCIA C.SO DI CORSA	18:00 - 19:00 ANDREA GYM & FIELD	18:00 - 19:00 PAULINA ADV. YOGA	18:30 - 19:30 ELSA PILATES	18:30 - 19:30 STEFANO C.SO DI CORSA	17:15 - 18:15 LUCIA ATL. ADULTI			
19:00 - 20:00 ANDREA GYM & FIELD		19:00 - 20:00 STEFANO POST. CARDIO	19:30 - 20:30 P ENRICO ASSI CYCLING	19:00 - 20:00 ANDREA GYM & FIELD		19:30 - 20:30 STEFANO POST. CARDIO	19:30 - 20:30 P ENRICO ASSI CYCLING		18:00 - 19:00 PAULINA ADV. YOGA		
20:00 - 21:00 ANDREA DEC.TRAINING				20:00 - 21:00 ANDREA DEC.TRAINING				19:00 - 20:00 ANDREA GYM & FIELD			



CORSI ORDINARI
 CORSI CON ABB.TO SPECIFICO
P CORSI A PRENOTAZIONE
 * CON FAMILIARE ISCRITTO SCUOLE DI SPORT