

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
10:15- 11:15 ANDREA GINN.DOLCE		09:30- 10:30 FREE GYM	10:00- 11:00 PAULINA HATHA YOGA	10:15- 11:15 ANDREA GINN.DOLCE	09:30- 10:30 FREE GYM		10:00- 11:00 PAULINA HATHA YOGA	10:15- 11:15 LUCIA GINN.DOLCE	09:30- 10:30 FREE GYM		09:30- 10:30 PAULINA HATHA YOGA
11:00- 12:00 STEFANO CAM.SPORTIVA	10:30- 11:30 LUCIA PILATES <i>DAL 14/09</i>	11:00- 12:00 LUCIA CORPO LIBERO		10:30- 11:30 LUCIA PILATES <i>DAL 14/09</i>	11:00- 12:00 STEFANO POST. STRETCH	11:00- 12:00 LUCIA CORPO LIBERO			11:00- 12:00 STEFANO CAM. SPORTIVA		10:30- 11:30 EKATERINA RUST RAINING
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	12:00- 13:30 FREE GYM	13:30- 14:30 ELENA ADV. PILATES	13:30- 14:30 P LUCIA ASSI CYCLING	13:30- 14:30 STEFANO CIRC.TRAINING	12:00- 13:30 FREE GYM	11:30- 12:00 EKATERINA STRETCHING	11:00- 12:00 LUCIA ATL. ADULTI <i>DAL 14/09</i>
	14:30- 15:20 ELSA PILATES				14:30- 15:20 ELSA PILATES				14:10- 15:00 ELSA POST. PILATES	12:00- 17:00 FREE GYM	12:15- 13:15 P LUCIA ASSI CYCLING
15:30- 16:00 LUCIA TOTAL BODY	15:30- 17:00 FREE GYM		15:30- 17:00 FREE GYM	15:30- 16:00 LUCIA TOTAL BODY		15:30- 16:30 STEFANO FIT & WALK	15:30- 17:00 FREE GYM	15:30- 16:00 LUCIA TOTAL BODY	16:00- 16:30 LUCIA STRETCHING		
16:00- 16:30 LUCIA STRETCHING			17:15- 18:15 <i>DAL 14/09</i> LUCIA ATL. ADULTI	16:00- 16:30 LUCIA STRETCHING		17:15- 18:15 <i>DAL 14/09</i> LUCIA ATL. ADULTI		17:15- 18:15 <i>DAL 14/09</i> LUCIA ATL. ADULTI			
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		18:00- 19:00 PAULINA ADV. YOGA		
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	19:00- 20:00 ANDREA GYM & FIELD			
20:00- 21:00 ANDREA DEC.TRAINING	20:00- 21:00 FREE GYM			20:00- 21:00 ANDREA DEC.TRAINING		20:30- 22:00 FREE GYM		20:30- 22:00 FREE GYM			



- CORSI ORDINARI
- FREE GYM
- CORSI CON ABB.TO SPECIFICO
- P** CORSI A PRENOTAZIONE

I CORSI CON FREQUENZA INFERIORE A 6 PARTECIPANTI POTRANNO ESSERE SOSPESI