

Legenda:		LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ORA	CORSO	8.45 YOGA	10.00 FUNCTIONAL TRAINING	8.45 YOGA	10.00 FUNCTIONAL TRAINING	8.45 YOGA	10.30 HEAT PROGRAM
Istruttore		Dana	Marco	Dana	Marco	Dana	Sara
		9.00 HEAT PROGRAM	10.00 PILATES	9.00 HEAT PROGRAM	10.00 TOTAL BODY	9.00 HEAT PROGRAM	11.30 THAI - K1
		Sara	Chiara	Marco	Luisa	Sara	Massimo
		10.00 TOTAL BODY	10.00 CROSSFIT	10.00 PILATES	10.00 CROSSFIT	10.00 PILATES	14.00 WEIGHTLIFTING - PESISTICA
		Luisa		Chiara	Alessandro	Chiara	
		10.00 CROSSFIT	12.45 PILATES	10.00 CROSSFIT	12.45 ZUMBA	10.00 CROSSFIT	15.30 CROSS KIDS
		Alessandro	Chiara		Chiara	Alessandro	Gabriele
		12.30 PUGILATO	13.00 FUNCTIONAL TRAINING	12.45 FREESTYLE	13.00 FUNCTIONAL TRAINING	12.30 PUGILATO	
		Fabio	Marco	Foued	Marco	Fabio	
		12.45 PILATES	13.00 CROSSFIT	13.00 TRX SUSPENSION	13.00 CROSSFIT	12.45 PILATES	
		Chiara		Gionata		Chiara	
		13.00 CROSSFIT	17.00 HIP HOP KIDS	13.00 CROSSFIT	17.00 KUNG FU KIDS	13.00 CROSSFIT	
		Alessandro	Marzia		Andrea	Alessandro	
		13.00 HEAT PROGRAM	17.00 CALISTHENIC	17.00 CROSS KIDS	17.00 CALISTHENIC	13.00 HEAT PROGRAM	
		Sara	Angelo	Gabriele	Angelo	Sara	
		17.00 K1 KIDS	17.15 SHAPE & TONE	17.00 K1 KIDS	18.00 YOGA	16.00 WEIGHTLIFTING - PESISTICA	
		Monia	Valentina	Monia	Nicola		
		17.30 CROSSFIT	18.00 CRAZY TONE	17.15 BODY SCULPT	18.00 CROSSFIT	17.15 BODY SCULPT	
			Valentina	Foued		Foued	
		18.00 THAI - K1	18.00 YOGA	17.30 CROSSFIT	19.00 PUGILATO	17.30 CROSSFIT	
		Massimo	Nicola		Fabio		
		18.00 FANTASY FIT	18.00 FUNCTIONAL TRAINING	18.00 THAI - K1	19.00 TRX - SUSPENSION	18.00 FREESTYLE	
		Luisa	Angelo	Massimo	Gionata	Foued	
		18.00 TRX - SUSPENSION	18.00 HEAT PROGRAM	18.00 PUMP IT UP	19.00 CROSSFIT	18.00 FUNCTIONAL TRAINING	
		Gionata	Marco	Foued		Angelo	
		18.30 CROSSFIT	18.00 CROSSFIT	18.00 TRX SUSPENSION	19.00 HEAT PROGRAM	18.30 HEAT PROGRAM	
				Gionata	Marco	Sara	
		19.00 THAI-K1	19.00 PUGILATO	18.30 CROSSFIT	19.15 TOTAL BODY	18.30 CROSSFIT	
		Massimo	Fabio		Luisa		
		19.00 TRX - SUSPENSION	19.00 PILATES	19.00 HEAT PROGRAM	20.00 ZUMBA	19.00 PILATES	
		Gionata	Chiara	Marco	Oriana	Chiara	
		19.00 TOTALBODY	19.00 CROSSFIT	19.00 PILATES	20.00 HEAT PROGRAM	19.00 THAI - K1	
		Luisa		Chiara	Marco	Massimo	
		19.00 HEAT PROGRAM	19.15 WEIGHTLIFTING - PESISTICA	19.00 THAI - K1	20.00 CROSSFIT	19.30 CROSSFIT	
		Marco		Massimo			
		19.30 CROSSFIT	20.00 CROSSFIT	19.30 WEIGHTLIFTING - PESISTICA	20.00 WEIGHTLIFTING - PESISTICA	20.00 PUGILATO	
						Fabio	
		19.45 YOGA	20.00 HIP HOP BASE	19.30 CROSSFIT	20.45 HIP HOP CONTEMPORANEO	20.00 HIP HOP BASE	
		Fabio	Angela				
		20.00 THAI - K1	20.00 HEAT PROGRAM	20.00 YOGA	21.00 THAI CHI-KUNG FU	20.00 WEIGHTLIFTING - PESISTICA	
		Massimo	Marco	Fabio	Andrea		
		20.00 HEAT PROGRAM	21.00 THAI CHI-KUNG FU	20.00 THAI - K1	21.45 HIP HOP INTERMEDI/AVANZATI	21.00 THAI CHI-KUNG FU	
		Marco	Andrea	Massimo		Andrea	
		20.00 WEIGHTLIFTING - PESISTICA	21.00 VIDEO DANCE	20.30 CROSSFIT ELEMENTS			
		20.30 CROSSFIT ELEMENTS	22.00 HIP HOP INTERMEDI	21.00 HASHITA-DIFESA PERSONALE			
		21.30 HIP HOP AVANZATI		21.30 HIP HOP PREP. SPETTACOLI			
		Angela					