

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

7:30 Pilates Advanced	10:00 Pancafit	7:30 Shape & Tone	8:00 Shape & Tone	10:00 Pancafit	11:00 Circuit Training
8:30 Pilates Reformer	13:00 Shape & Tone	9:00 Fitball Tone	9:00 Pilates Matwork	19:00 Spartan Training	
9:30 Pilates Reformer	18:00 Boxe Junior	10:00 Pilates Matwork	10:00 Pilates Matwork		
18:00 Pilates Reformer	19:00 Spartan Training	18:00 Pilates Advanced	13:00 Yoga Flow		
19:15 Pilates Advanced	20:00 Spartan Training	19:15 Pilates Reformer	18:00 Total Body		
20:00 Suspension Workout		20:00 Suspension Workout	19:15 Yoga Flow		

Planning corsi

