

tiburтина	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
9:00	POSTURAL GROUP 9:00 - 9:30	BODY PUMP 9:00 - 9:55	POSTURAL GROUP 9:00 - 9:30	BODY PUMP 9:00 - 9:55		SALA PESI CARDIO FITNESS 9:00 - 19:00	SALA PESI CARDIO FITNESS 9:00 - 17:00
9:30	TOTAL GYM 9:30 - 10:25		G.A.G. 9:30 - 10:25		TOTAL GYM 9:30 - 10:25		
10:30	MAT PILATES 10:30 - 11:25		MAT PILATES 10:30 - 11:25		MAT PILATES 10:30 - 11:25		
11:30							
12:00							
13:00	GRIT 13:00 - 13:40	MAT PILATES 13:10 - 14:05	GRIT 13:00 - 13:40	MAT PILATES 13:10 - 14:05			
13:30	SPINNING 13:20 - 14:10	PREPUGILISTICA 13:30 - 14:25	SPINNING 13:20 - 14:10	PREPUGILISTICA 13:30 - 14:25	MAT PILATES 13:30 - 14:25		
14:30	TOTAL WORKOUT 13:40 - 14:35		TOTAL WORKOUT 13:40 - 14:35				
15:00							
17:30	G.A.G. 17:30 - 18:25		TOTAL WORKOUT 17:30 - 18:25		INTERVAL TRAINING 17:30 - 18:25		
18:00	MAT PILATES 18:15 - 19:10	ZUMBA 18:00 - 18:55	MAT PILATES 18:15 - 19:10	ZUMBA 18:00 - 18:55	MAT PILATES 18:15 - 19:10		
18:30	BODY PUMP 18:30 - 19:25	POSTURAL GROUP 18:35 - 19:30	BODY PUMP 18:30 - 19:25	POSTURAL GROUP 18:35 - 19:30	BODY PUMP 18:30 - 19:25		
19:00	SPINNING 19:30 - 20:20	TOTAL WORKOUT 19:00 - 19:55	SPINNING 19:30 - 20:20	TOTAL WORKOUT 19:00 - 19:55	SPINNING 19:30 - 20:20		
20:00	FUNCTIONAL TRAINING 19:30 - 20:25	FUNCTIONAL TRAINING 20:00 - 20:55	FUNCTIONAL TRAINING 19:30 - 20:25	FUNCTIONAL TRAINING 20:00 - 20:55	FUNCTIONAL TRAINING 19:30 - 20:25		
20:30	PREPUGILISTICA 20:35 - 21:30		PREPUGILISTICA 20:35 - 21:30		PREPUGILISTICA 20:35 - 21:30		
22:00				SALSA* 20:00 - 22:00			