

barberini	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
7:00	SPINNING 7:10 - 8:00	TOTAL WORKOUT 7:10 - 8:00	SPINNING 7:10 - 8:00	MAT PILATES 7:10 - 8:00	SPINNING 7:10 - 8:00		
8:00	FUNCTIONAL TRAINING 8:00 - 8:55	PREPUGILISTICA 8:05 - 9:00	FUNCTIONAL TRAINING 8:00 - 8:55	PREPUGILISTICA 8:05 - 9:00	TOTAL WORKOUT 8:00 - 8:55		
9:00	MAT PILATES 9:00 - 9:55		PREPUGILISTICA 9:00 - 9:55		MAT PILATES 9:00 - 9:55		
13:00	R.C.T. LEGS 13:00 - 13:30	GRIT 13:00 - 13:30	R.C.T. CORE 13:00 - 13:30	GRIT 13:00 - 13:30	R.C.T. UPPER BODY 13:00 - 13:30	SALA PESI CARDIO FITNESS 9:00 - 19:00	SALA PESI CARDIO FITNESS 9:00 - 17:00
13:30	SPINNING 13:30 - 14:20	SPINNING 13:30 - 14:20 MAT PILATES 13:30 - 14:25	SPINNING 13:30 - 14:20 MAT PILATES 13:30 - 14:25	MAT PILATES 13:30 - 14:25	SPINNING 13:30 - 14:20 MAT PILATES 13:30 - 14:25		
14:30	MAT PILATES 13:30 - 14:25 R.E.D. TRAINING 13:35 - 14:30	BODY PUMP 13:35 - 14:30	MAT PILATES 13:30 - 14:25 TOTAL WORKOUT 13:35 - 14:30	BODY PUMP 13:35 - 14:30	R.E.D. TRAINING 13:35 - 14:30		
15:30							
17:30		GRIT 17:30 - 18:00		GRIT 17:30 - 18:00			
18:00	CARDIO TONE 17:35 - 18:30	BODY PUMP 18:05 - 19:00	TOTAL WORKOUT 17:35 - 18:30	BODY PUMP 18:05 - 19:00	CARDIO TONE 17:35 - 18:30		
18:30							
19:00	TOTAL WORKOUT 18:35 - 19:30	T.R.X. 18:15 - 18:45 PREPUGILISTICA 18:45 - 19:40	BODY PUMP 18:35 - 19:30	T.R.X. 18:15 - 18:45 PREPUGILISTICA 18:45 - 19:40	TOTAL WORKOUT 18:35 - 19:30		
19:30	SPINNING 18:40 - 19:30		SPINNING 18:40 - 19:30		SPINNING 18:40 - 19:30		
20:00	MAT PILATES 19:15 - 20:15	TOTAL WORKOUT 19:05 - 20:00	MAT PILATES 19:15 - 20:15	TOTAL WORKOUT 19:05 - 20:00	MAT PILATES 19:15 - 20:15		
20:30	BODY PUMP 19:40 - 20:30	FUNCTIONAL TRAINING 19:45 - 20:40	JUMPING BURN 19:45 - 20:30	FUNCTIONAL TRAINING 19:45 - 20:40			
21:00	KRAV MAGA* 20:15 - 21:40	KRAV MAGA* 20:00 - 21:30	KRAV MAGA* 20:15 - 21:40	KRAV MAGA* 20:00 - 21:30			