

nuovo salario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
9:30						TOTAL WORKOUT 10:30 - 11:25	SALA PESI CARDIO FITNESS 9:00 - 17:00
10:30	TOTAL GYM 9:30 - 10:25	POSTURAL GROUP 9:30 - 10:25	TOTAL GYM 9:30 - 10:25	POSTURAL GROUP 9:30 - 10:25	TOTAL GYM 9:30 - 10:25		
11:30	TOTAL WORKOUT 10:45 - 11:40		TOTAL WORKOUT 10:45 - 11:40		TOTAL WORKOUT 10:45 - 11:40		
12:30							
13:30	INTERVAL TRAINING 13:30 - 14:25	SPINNING 13:30 - 14:25	FUNCTIONAL TRAINING 13:30 - 14:25	SPINNING 13:30 - 14:25	INTERVAL TRAINING 13:30 - 14:25		
15:00	TOTAL WORKOUT 15:00 - 15:55		G.A.G. 15:00 - 15:55		TOTAL WORKOUT 15:00 - 15:55		
15:30	KARATE BIMBI* 15:30 - 16:30		KARATE BIMBI* 15:30 - 16:30		KARATE BIMBI* 15:30 - 16:30	SALA PESI CARDIO FITNESS 9:00 - 19:00	
16:00	MAT PILATES 16:00 - 16:55	TOTAL WORKOUT 16:00 - 16:55	MAT PILATES 16:00 - 16:55	TOTAL WORKOUT 16:00 - 16:55	MAT PILATES 16:00 - 16:55		
16:30	KARATE BIMBI* 16:35 - 17:35		KARATE BIMBI* 16:35 - 17:35		KARATE BIMBI* 16:35 - 17:35		
17:00	TOTAL WORKOUT 17:00 - 17:55	POSTURAL GROUP 17:00 - 17:55	G.A.G. 17:00 - 17:55	POSTURAL GROUP 17:00 - 17:55	TOTAL WORKOUT 17:00 - 17:55		
17:30	KARATE BIMBI* 17:40 - 18:40		KARATE BIMBI* 17:40 - 18:40		KARATE BIMBI* 17:40 - 18:40		
18:00	SPINNING 18:00 - 18:55	STEP 18:00 - 18:55	SPINNING 18:00 - 18:55	TOTAL WORKOUT 18:00 - 18:55	SPINNING 18:00 - 18:55		
18:30	PREPUGILISTICA 18:40 - 19:35	FUNCTIONAL TRAINING 18:30 - 19:25	PREPUGILISTICA 18:40 - 19:35	FUNCTIONAL TRAINING 18:30 - 19:25	PREPUGILISTICA 18:40 - 19:35		
19:00	CARDIO TONE 19:00 - 19:55		CARDIO TONE 19:00 - 19:55		CARDIO TONE 19:00 - 19:55		
19:30	POSTURAL GROUP 19:40 - 20:35	BODY PUMP 19:00 - 19:55	POSTURAL GROUP 19:40 - 20:35	BODY PUMP 19:00 - 19:55	POSTURAL GROUP 19:30 - 20:35		
20:30	SALSA* 20:30 - 22:00		SALSA* 20:30 - 22:00	SALSA* 20:30 - 22:00			
22:00	KARATE ADULTI* 20:40 - 22:00	KARATE ADULTI* 20:30 - 22:00	KARATE ADULTI* 20:40 - 22:00	KARATE ADULTI* 20:30 - 22:00	KARATE ADULTI* 20:40 - 22:00		