

# Sala 1

# FITNESS

|       | LUN                          | MAR                        | MER                            | GIO                        | VEN                          | SAB                          | DOM              |
|-------|------------------------------|----------------------------|--------------------------------|----------------------------|------------------------------|------------------------------|------------------|
| 09.00 | Claudia<br>FITBALL<br>G.A.G. | Claudia<br>Dinamic<br>TONE | Claudia<br>CIRCLE &<br>ELASTIC | Claudia<br>DINAMIC<br>TONE | Claudia<br>STEP &<br>BODYBAR | Claudia<br>Elastic &<br>TONE |                  |
| 10.00 | Giovanna<br>GINN.DOLCE       | Samantha<br>PUMP           | Giovanna<br>GINN. DOLCE        | Samantha<br>FUNZIONALE     | Giovanna<br>GINN.DOLCE       | Samantha<br>PUMP             | 09.30<br>H.I.I.T |
| 11.00 | Samantha<br>PUMP             |                            | Samantha<br>FUNZIONALE         |                            | Samantha<br>PUMP             |                              |                  |
| 11.30 |                              | Marco<br>ZUMBA             |                                | Marco<br>ZUMBA             |                              |                              |                  |
| 13.30 | Samantha<br>PUMP             | Claudia<br>BODY PUMP       | Samantha<br>Dinamic<br>Tone    | Claudia<br>BODY PUMP       | Samantha<br>PUMP             |                              |                  |
| 15.30 | Marco<br>DYNAMIC<br>TONE     |                            | Marco<br>STRONG                |                            | Marco<br>TOTAL TONE          |                              |                  |
| 16.30 | Marco<br>ZUMBA               | 16.15<br>PREPUGIL.         | Marco<br>ZUMBA                 | 16.15<br>PREPUGIL.         | Marco<br>ZUMBA               | Marzia<br>FUNZIONAL          |                  |
| 17.30 | Marzia<br>PUMP               | Samantha<br>G.A.G.         | Marzia<br>CIRCUITO             | Samantha<br>FUNZIONALE     | Marzia<br>PUMP               | PREPUGIL.                    |                  |
| 18.30 | Marco<br>STRONG              | Claudia<br>PUMP            | Marco<br>DYNAMIC<br>TONE       | Claudia<br>PUMP            | Marco<br>DYNAMIC<br>TONE     |                              |                  |
| 19.30 | Samantha<br>PUMP             | Claudia<br>TOTAL TONE      | Samantha<br>G.A.G.             | Claudia<br>COREOGRA.       | Samantha<br>PUMP             |                              |                  |
| 20.30 | Giada<br>H.I.I.T.            | PREPUGIL.                  | Giada<br>H.I.I.T.              | PREPUGIL.                  | Giada<br>H.I.I.T.            |                              |                  |

# Sala 2

| Spinning | LUN  | MAR  | MER  | GIO  | VEN  | SAB  | DOM  |
|----------|------|------|------|------|------|------|------|
| 08.00    | SPIN |      | SPIN |      | SPIN |      |      |
| 09.00    | SPIN |      | SPIN |      | SPIN | SPIN | SPIN |
| 10.00    |      | SPIN |      | SPIN |      |      |      |
| 13.30    | SPIN |      | SPIN |      | SPIN |      |      |
| 17.00    | SPIN |      | SPIN |      | SPIN |      |      |
| 18.00    | SPIN | SPIN | SPIN | SPIN | SPIN | SPIN |      |
| 19.00    |      | SPIN |      | SPIN |      |      |      |

# Sala 3

POSTURALE - PILATES - YOGA - PANCAFIT - OLIT

|       | LUN                   | MAR                   | MER                   | GIO                   | VEN                   | SAB                            |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------------|
| 07.30 |                       | POSTURALE<br>PANCAFIT |                       | POSTURALE             |                       | POSTURALE<br>PANCAFIT          |
| 08.30 | PILATES               | POSTURALE             | INNER<br>WORKOUT      | POSTURALE<br>PANCAFIT | PILATES               | POSTURALE                      |
| 09.00 |                       |                       |                       |                       |                       |                                |
| 09.30 |                       | POSTURALE             |                       | POSTURALE             |                       | POSTURALE                      |
| 10.00 | YOGA<br>Intermedio    |                       | YOGA<br>Yin Yoga      |                       | YOGA<br>Intensive     |                                |
| 10.30 |                       | PILATES               |                       | PILATES               |                       |                                |
| 14.30 | POSTURALE<br>PANCAFIT |                       | POSTURALE<br>PANCAFIT |                       | POSTURALE<br>PANCAFIT |                                |
| 16.00 | FIT<br>POSTURAL       |                       | FIT<br>POSTURAL       |                       | FIT POSTURAL          | Domenica<br>09.00<br>Posturale |
| 16.30 |                       | PILATES               |                       | PILATES               |                       |                                |
| 17.00 | YOGA<br>Intermedio    |                       | YOGA<br>Yin Yoga      |                       | YOGA<br>Intensive     |                                |
| 17.30 |                       | POSTURALE<br>PANCAFIT |                       | POSTURALE<br>PANCAFIT |                       |                                |
| 18.00 | PILATES               |                       | FUNCTIONAL            |                       | OLIT                  |                                |
| 18.30 |                       | YOGA<br>Base          |                       | YOGA<br>Base          |                       |                                |
| 19.00 | POSTURALE<br>PANCAFIT |                       | POSTURALE             |                       | POSTURALE<br>PANCAFIT |                                |
| 19.30 |                       | POSTURAL<br>PANCAFIT  |                       | POSTURAL<br>PANCAFIT  |                       |                                |
| 20.00 | POSTURALE<br>PANCAFIT |                       | POSTURALE<br>PANCAFIT |                       | POSTURALE<br>PANCAFIT |                                |

# Sala 4

| Striding | LUN   | MAR   | MER   | GIO   | VEN   | SAB   |
|----------|-------|-------|-------|-------|-------|-------|
| 09.00    |       | STRID |       | STRID |       |       |
| 10.00    |       |       |       |       |       | STRID |
| 18.00    | STRID | STRID | STRID | STRID | STRID |       |
| 19.00    | STRID |       |       |       | STRID |       |