

Sala Fitness

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09.00	Ginnastica Dolce	B.A.G.	Ginnastica Dolce	Aero-Tone	Ginnastica Dolce	Power-Tone
10.00	Pump		H.I.I.T.		Pump	
13.20	Stability		Stability		Stability	
16.00	Prepugilistica		Prepugilistica		Prepugilistica	
17.00		Zumba		Zumba		
17.15	Circuit Training		Circuit Training		Circuit Training	
18.00		Dynamic Tone		G.A.G.		
18.30	Pump		H.I.I.T.		Pump	
19.30	Dynamic Tone		Total Body		Dynamic Tone	
19.00		Pump		Pump		
20.10		Prepugilistica		Prepugilistica		