



**DAL LUNEDI AL VENERDI 9,30-22,30 SABATO 10,00-18,00
TEL.333-9230774**

SALA TERRA

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
	10,30/11,30 PILATES LORELLA		10,30/11,30 PILATES LORELLA	
13.45/14.30* SUPERJUMP THE ORIGINAL RAMONA		13.30-14.20* XTEMPO SCULPT Alberto	13.45/14.30* SUPERJUMP THE ORIGINAL RAMONA	
17,30/18,20 TOTAL BODY ALBERTO (OTTOBRE)	17,00-18,00 POSTURALE Federica	17,30/18,20* TRX ALBERTO (OTTOBRE)	17,00-18,00 POSTURALE Federica	17,30-18,20 TOTAL BODY ALBERTO (OTTOBRE)
18,30-19,20* CROSSTRaining FRANCESCO	18,00-18,50* SUPERJUMP THE ORIGINAL RAMONA	18,30-19,20* CROSSTRaining* FRANCESCO	18,00-19,00* FUNCTIONAL GIANLUCA- ALBERTO	18,30-19,20* CROSSTRaining* FRANCESCO
19,30-20,20* XTEMPO SCULPT ALBERTO	19,00-20,30 CALISTENICO GRAZIANO	19,30-20,20* TRUE POWER YOGA LORY GALA	19,00-20,30 CALISTENICO GRAZIANO	19,30-20,20
	20,30-22,15 KICK BOXING FRANCESCO/UGO			20,30-22,15 KICK BOXING FRANCESCO/UGO

SALA GHIACCIO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
	13,45-14,30* H.E.A.T.PROGRAM LORY GALA			13,45-14,30* H.E.A.T.CIRCUIT LORY GALA
17,30-18,25 Karate ARMANDO			17,30-18,25 Karate ARMANDO	
18,30-19,25 Karate ARMANDO	18,15-19,15 BABY KICK UGO & FRANCESCO	18,30-19,20* H.E.A.T.circuit LORY GALA	18,30-19,25 Karate ARMANDO	18,15-19,15 BABY KICK UGO & FRANCESCO
19,45-20,30* H.E.A.T.PROGRAM LORY GALA	19,30* SPINNING LOREDANA M.		19,45-20,30* H.E.A.T.PROGRAM LOREDANA M.	19,30* SPINNING LOREDANA M
20,30-21,15* H.E.A.T.CIRCUIT LORY GALA			20,30-21,15* H.E.A.T.PROGRAM LOREDANA M.	