FITNESS STADIO DIURNO

	LUN	MAR	MER	GIO	VEN	SAB
08:10 – 09:10		FLOW FIT *** SALA YOGA		FLOW FIT *** SALA YOGA		
09:00 – 10:00		GINNASTICA DOLCE			GINNASTICA DOLCE	FLOW FIT *** SALA RING
10:00 – 11:00	GINNASTICA DOLCE	GINNASTICA DOLCE		GINNASTICA DOLCE	PILATES	RESTORATIVE YOGA
11:00 – 12:00	PILATES	STRETCHING		PILATES	STRETCHING	TOTAL BODY
12:00 – 13:00	STRETCHING			STRETCHING		
13:00 – 14:00		TABATA		TABATA		
13:30 – 14:30	GYM TONIC		GYM TONIC		GYM TONIC	

FITNESS STADIO SERALE

	LUN	MAR	MER	GIO	VEN	SAB
16:00 – 16:50	PILATES		PILATES	FIT BALL PILATES SALA YOGA		
17:00 – 17:50	HATHA YOGA	TOTAL BODY	TOTAL BODY	TOTAL BODY	TOTAL BODY	
17:00 – 17:50	BODY SCULPT MATWORK SALA YOGA		YOGA DINAMICO SALA YOGA	YIN YOGA SALA YOGA		
18:00 – 18:50	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	ZUMBA	
18:00 – 18:50	RESTORATIVE YOGA SALA YOGA		RESTORATIVE YOGA SALA YOGA	YOGA DINAMICO SALA YOGA		
19:00 – 19:50	FUNCTIONAL	ZUMBA	FUNCTIONAL	ZUMBA	FUNCTIONAL	
19:00 – 19:50	FLOW FIT & CORE STRENGHT *** SALA YOGA		FLOW FIT & CORE STRENGHT *** SALA YOGA	RESTORATIVE YOGA SALA YOGA		
20:00 – 20:50	FUNCTIONAL	PILATES	FUNCTIONAL	PILATES	FUNCTIONAL BODY WEIGHT	

SALA YOGA STADIO

	LUN	MAR	MER	GIO	VEN	SAB
08:10 - 09:10		FLOW FIT		FLOW FIT		
09:00 - 10:00						FLOW FIT
16:00 - 17:00				FIT BALL PILATES		
17:00 - 18:00	BODY SCULPT MAT-WORK	KUNG FU BIMBI 07- 12 ANNI	YOGA DINAMICO	YIN YOGA	KUNG FU BIMBI 07- 12 ANNI	
18:00 - 19:00	RESTORATIVE YOGA	KUNG FU	RESTORATIVE YOGA	YOGA DINAMICO	KUNG FU	
19:00 - 20:00	FLOW FIT & CORE STRENGHT	KUNG FU	FLOW FIT & CORE STRENGHT	RESTORATIVE YOGA	KUNG FU	
20:00 - 21:30	BJJ ADVANCE	BJJ PRINCIPINATI	BJJ ADVANCE	BJJ PRINCIPINATI	BJJ UNIFICATO	

SALA INDOOR CYCLING

	LUN	MAR	MER	GIO	VEN	SAB
10:30 - 11:30						INDOOR CYCLING
13:00 – 14:00		INDOOR CYCLING		INDOOR CYCLING		
17:00 – 19:00	TAI CHI			TAI CHI		
18:00 – 19:00			INDOOR CYCLING			
19:00 – 20:00	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	18.30-19.30 INDOOR CYCLING	
20:00 – 21:00			DANZA DEL VENTRE PRINCIPIANTI			

COMBAT STADIO

	LUN	MAR	MER	GIO	VEN	SAB
BOXE TRAINING SALA A						12:00–13:30
	13:00 – 14:30	13:00 – 14:30	13:00 – 14:30	13:00 – 14:30	13:00 – 14:30	
	19:30 – 21:00	19:30 – 21:00	19:30 – 21:00	19:30 – 21:00	19:30 – 20:30	
	21:00 – 22:00	21:00 – 22:00	21:00 – 22:00	21:00 – 22:00		
PUGILATO AGONISTI SALA A	18:00 – 19:30	18:00 – 19:30	18:00 – 19:30	18:00 – 19:30	18:00 – 19:30	
THAI BOXE SALA RING	17:00 – 19:00 AGONISTI	17:00 – 19:00 AGONISTI	17:00 – 19:00 AGONISTI	17:00 – 19:00 AGONISTI		
	19:00 – 20:30	19:00 – 20:30	19:00 – 20:30	19:00 – 20:30	19:00 – 20:00 PREPARAZIONE ATLETICA	
BJJ SALA YOGA	AVANZATO 20:00 – 21:30	PRINCIPIANTI 20:00 – 21:30	AVANZATO 20:00 – 21:30	PRINCIPIANTI 20:00 – 21:30	UNIFICATO 20:00 – 21:30	
TAI CHI SALA INDOOR CYCLING	17:00 –19:00			17:00 –19:00		
KUNG FU SALA YOGA		18:00 – 20:00			18:00 – 20:00	
JU JITZU TRADIZIONALE SALA RING	20:30 – 22:00		20:30 – 22:00	20:30 – 22:00		
TAEKWONDO SALA RING		20:30 – 22:00		20:30 – 22:00	19:00 – 20:30	
KRAV MAGA SALA RING	20:30 – 21:30		20:30 – 21:30			

SALA B STADIO

	LUN	MAR	MER	GIO	VEN	SAB
09:00 - 10:00		GINNASTICA DOLCE			GINNASTICA DOLCE	
10:00 – 11:00	GINNASTICA DOLCE	GINNASTICA DOLCE		GINNASTICA DOLCE	PILATES	RESTORATIVE YOGA
11:00 – 12:00	PILATES	STRETCHING		PILATES	STRETCHING	TOTAL BODY
12:00 – 13:00	STRETCHING			STRETCHING		
13:00 – 14:00		TABATA		TABATA		
13:30 – 14:30	GYM TONIC		GYM TONIC		GYM TONIC	
16:00 – 16:50	PILATES		PILATES			
17:00 – 17:50	HATHA YOGA	TOTAL BODY	TOTAL BODY	TOTAL BODY	TOTAL BODY	
18:00 – 18:50	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	ZUMBA	
19:00 – 19:50	FUNCTIONAL	ZUMBA	FUNCTIONAL	ZUMBA	FUNCTIONAL	
20:00 – 20:50	FUNCTIONAL	PILATES	FUNCTIONAL	PILATES	FUNCTIONAL	
21:00 – 22:30		TWERK OPEN	21:00 – 22:00 DANZA DEL VENTRE	TWERK ADVANCE		