

orario	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
7.00		PILATES	TRX <small>Suspension Training</small>		LES MILLS BODYPUMP	
9.30	PILATES		PILATES		PILATES	
10.30	TONIFICAZIONE	LES MILLS BODYCOMBAT GROUP  CYCLING		LES MILLS GRIT		GROUP  CYCLING
14.15				GROUP  CYCLING		
18.00			TRX <small>Suspension Training</small>		Bootygains 	
18.15		PILATES		PILATES		
18.30	TRX <small>Suspension Training</small>					
19.00	GROUP  CYCLING		Bootygains  GROUP  CYCLING		LES MILLS BODYCOMBAT GROUP  CYCLING	
19.15		GROUP  CYCLING		GROUP  CYCLING		
19.30		LES MILLS GRIT		LES MILLS GRIT		
20.00	LES MILLS BODYPUMP		PILATES		LES MILLS BODYPUMP	
20.15	GROUP  CYCLING	TONIFICAZIONE	GROUP  CYCLING	LES MILLS BODYCOMBAT		
21.00	LES MILLS GRIT		LES MILLS GRIT			

orario	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
7.00		PILATES	TRX <small>Suspension Training</small>		LES MILLS BODYPUMP	
9.30	PILATES		PILATES		PILATES	
10.30	TONIFICAZIONE	LES MILLS BODYCOMBAT GROUP  CYCLING		LES MILLS GRIT		GROUP  CYCLING
14.15				GROUP  CYCLING		
18.00			TRX <small>Suspension Training</small>		Bootygains 	
18.15		PILATES		PILATES		
18.30	TRX <small>Suspension Training</small>					
19.00	GROUP  CYCLING		Bootygains  GROUP  CYCLING		LES MILLS BODYCOMBAT GROUP  CYCLING	
19.15		GROUP  CYCLING		GROUP  CYCLING		
19.30		LES MILLS GRIT		LES MILLS GRIT		
20.00	LES MILLS BODYPUMP		PILATES		LES MILLS BODYPUMP	
20.15	GROUP  CYCLING	TONIFICAZIONE	GROUP  CYCLING	LES MILLS BODYCOMBAT		
21.00	LES MILLS GRIT		LES MILLS GRIT			

orario	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
7.00		PILATES	TRX <small>Suspension Training</small>		LES MILLS BODYPUMP	
9.30	PILATES		PILATES		PILATES	
10.30	TONIFICAZIONE	LES MILLS BODYCOMBAT GROUP  CYCLING		LES MILLS GRIT		GROUP  CYCLING
14.15				GROUP  CYCLING		
18.00			TRX <small>Suspension Training</small>		Bootygains 	
18.15		PILATES		PILATES		
18.30	TRX <small>Suspension Training</small>					
19.00	GROUP  CYCLING		Bootygains  GROUP  CYCLING		LES MILLS BODYCOMBAT GROUP  CYCLING	
19.15		GROUP  CYCLING		GROUP  CYCLING		
19.30		LES MILLS GRIT		LES MILLS GRIT		
20.00	LES MILLS BODYPUMP		PILATES		LES MILLS BODYPUMP	
20.15	GROUP  CYCLING	TONIFICAZIONE	GROUP  CYCLING	LES MILLS BODYCOMBAT		
21.00	LES MILLS GRIT		LES MILLS GRIT			

orario	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
7.00		PILATES	TRX <small>Suspension Training</small>		LES MILLS BODYPUMP	
9.30	PILATES		PILATES		PILATES	
10.30	TONIFICAZIONE	LES MILLS BODYCOMBAT GROUP  CYCLING		LES MILLS GRIT		GROUP  CYCLING
14.15				GROUP  CYCLING		
18.00			TRX <small>Suspension Training</small>		Bootygains 	
18.15		PILATES		PILATES		
18.30	TRX <small>Suspension Training</small>					
19.00	GROUP  CYCLING		Bootygains  GROUP  CYCLING		LES MILLS BODYCOMBAT GROUP  CYCLING	
19.15		GROUP  CYCLING		GROUP  CYCLING		
19.30		LES MILLS GRIT		LES MILLS GRIT		
20.00	LES MILLS BODYPUMP		PILATES		LES MILLS BODYPUMP	
20.15	GROUP  CYCLING	TONIFICAZIONE	GROUP  CYCLING	LES MILLS BODYCOMBAT		
21.00	LES MILLS GRIT		LES MILLS GRIT			

orario	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
7.00		PILATES	TRX <small>Suspension Training</small>		LES MILLS BODYPUMP	
9.30	PILATES		PILATES		PILATES	
10.30	TONIFICAZIONE	LES MILLS BODYCOMBAT GROUP  CYCLING		LES MILLS GRIT		GROUP  CYCLING
14.15				GROUP  CYCLING		
18.00			TRX <small>Suspension Training</small>		Bootygains 	
18.15		PILATES		PILATES		
18.30	TRX <small>Suspension Training</small>					
19.00	GROUP  CYCLING		Bootygains  GROUP  CYCLING		LES MILLS BODYCOMBAT GROUP  CYCLING	
19.15		GROUP  CYCLING		GROUP  CYCLING		
19.30		LES MILLS GRIT		LES MILLS GRIT		
20.00	LES MILLS BODYPUMP		PILATES		LES MILLS BODYPUMP	
20.15	GROUP  CYCLING	TONIFICAZIONE	GROUP  CYCLING	LES MILLS BODYCOMBAT		
21.00	LES MILLS GRIT		LES MILLS GRIT			

orario	lunedì	martedì	mercoledì	giovedì	venerdì	sabato
7.00		PILATES	TRX <small>Suspension Training</small>		LES MILLS BODYPUMP	
9.30	PILATES		PILATES		PILATES	
10.30	TONIFICAZIONE	LES MILLS BODYCOMBAT GROUP  CYCLING		LES MILLS GRIT		GROUP  CYCLING
14.15				GROUP  CYCLING		
18.00			TRX <small>Suspension Training</small>		Bootygains 	
18.15		PILATES		PILATES		
18.30	TRX <small>Suspension Training</small>					
19.00	GROUP  CYCLING		Bootygains  GROUP  CYCLING		LES MILLS BODYCOMBAT GROUP  CYCLING	
19.15		GROUP  CYCLING		GROUP  CYCLING		
19.30		LES MILLS GRIT		LES MILLS GRIT		
20.00	LES MILLS BODYPUMP		PILATES		LES MILLS BODYPUMP	
20.15	GROUP  CYCLING	TONIFICAZIONE	GROUP  CYCLING	LES MILLS BODYCOMBAT		
21.00	LES MILLS GRIT		LES MILLS GRIT			