

SABATO 6			DOMENICA 7				LUNEDI' 8			
SPINNING	FITNESS	MENTE/CORPO	SPINNING	FITNESS	MENTE/CORPO	ACQUA	SPINNING	FITNESS	MENTE/CORPO	ACQUA
					9.30 Mat Fusion Pilates		9.30 Fit Cycling	9.30 TBC		
	10.30 Free Class		10.30 Fit Cycling	10.30 Free Class				10.30 Bollywood Dance	10.30 Anti Age	
11.00 X4mance 90	11.30 Physical Sincrony	11.30 Yoga Armonico	11.30 Fit Cycling							
13.00 Fit Cycling							13.00 Energy Cycling	12.50 Step Evolution	12.50 Hatha Yoga	13.00 Aquaerobics
					15.00 Hatha Yoga			14.30 Step Tonic		
						16.15 Aquagym		16.00 Addominali		
								17.30 Step & Pump		
								18.00 Addominali	18.15 Back Prevention	
							18.30 Energy Cycling	18.30 Cardio Step		
								19.00 Henry Shock		19.00 Aquaerobics
							19.30 Fit Cycling	20.00 Kick Boxing	19.30 Hatha Yoga	
								20.30 Karate		
										20.45 Aquagym