

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
09,30/10,30	POSTURA E RELAX	BODY E MIND	PILATES E TONE	POSTURA E RELAX	STRACH E PILATES
09,30/10,30	POSTURA E RELAX			POSTURA E RELAX	POSTURA E RELAX
10,30/11,30	TOTAL BODY	TOTAL BODY	TOTAL BODY	TOTAL BODY	TOTAL BODY
11,30/12,30		POSTURA E RELAX			POSTURA E RELAX
12,45/13,45	SUPER TONE	PILATES E TONE	PILATES E TONE	SUPER TONE	PILATES E TONE
14,30/15,30	POSTURA E RELAX			POSTURA E RELAX	
18,30/19,30	INTERVAL TRAINING	POSTURA E RELAX	TOTAL BODY	POSTURA E RELAX	POSTURA E RELAX
19,00/20,00	YOGA		YOGA		
19,30/20,30	ZUMBA	TOTAL BODY	PILATES MATWORK	INTERVAL TRAINING	AERO BOX
20,30/21,30			ZUMBA		