

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sab

Dom

09.30-10.30 Total Body Workout Mela 👣👣❤️★	13.00-14.00 Cardio Training Elena Ca ❤️❤️❤️★★	17.10-18.10 Yoga Francesca 👣👣★★	18.10-19.05 Total Body Workout Pascal ❤️👣👣★★	19.05-20.00 Functional Training Roberto ❤️👣👣★	20.00-21.00 Pump Luisa 👣👣👣★
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06.40-07.30 Functional Training Roberto ❤️👣👣★★	09.30-10.30 Body Balance Manu ❤️👣👣★★	10.30-11.30 Yogilates Donatella 👣👣★	13.00-14.00 Total Body Workout Dona ❤️👣👣★	17.00-18.00 Cardio Training Rosalinda ❤️❤️❤️★★	18.00-19.00 Pilates Mela 👣👣★	19.00-19.50 X Tempo Silvia F ❤️❤️👣★	20.00-20.50 Step Core Silvia F ❤️👣👣★★★	21.00-22.30 Kendo
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09.30-10.30 Total Body Workout Mela 👣👣❤️★	13.00-14.00 Pilates Mela 👣👣★	17.10-18.00 Functional Training Rosalinda ❤️👣👣★	18.00-19.00 Tabata Elena ❤️👣👣★★	19.00-20.00 Functional Training David ❤️👣👣★★	20.00-21.00 Pump Luisa 👣👣👣★	21.00-22.00 Yoga Francesca 👣👣★★
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06.40-07.30 Functional Training Roberto ❤️👣👣★★	09.30-10.30 Body Balance Manu ❤️👣👣★★	10.30-11.30 Yogilates Donatella 👣👣★	13.00-14.00 Tabata Donatella 👣👣❤️★	17.00-17.50 Pump Elena Ca ❤️👣👣★★	17.50-18.40 Pilates Mela 👣👣★	18.40-19.30 Combat ❤️👣👣★	19.30-20.30 Zumba Vivian ❤️👣👣★★	21.00-22.30 Kendo
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09.30-10.30 Total Body Workout Mela 👣👣❤️★	13.00-13.50 Functional Training David 👣👣❤️★★	17.30-18.20 GAG Rosalinda ❤️👣👣★	18.20-19.10 Functional Training Olga ❤️👣👣★	19.10-20.00 X Tempo Silvia F ❤️❤️👣★★	20.00-21.00 Pump Luisa 👣👣👣★
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10.00-11.00 Group Cycling ❤️👣❤️★	11.00-12.00 Group Cycling ❤️👣❤️★	10.00-11.00 Pump Manu 👣👣👣★★	11.00-12.00 Zumba Vivian 👣❤️❤️★	12.00-13.00 HIT interval training ❤️❤️👣★★
Sala 1		Sala 2		
difficoltà di esecuzione		★ ★★ ★★★		
allenamento per tonificazione		👣 👣👣 👣👣👣		
allenamento cardio vascolare		❤️ ❤️❤️ ❤️❤️❤️		