

WORKOUT

SALA ENERGY

LUNEDÌ	13:15-14.05	16.00-16.50	19.30-20.20	20.30-21.20					
	CYCLING	WALKING	WALKING	CYCLING					
MARTEDÌ	19.30-20.20								
	CYCLING								
MERCOLEDÌ	13.15-14.05	19.30-20.20	19.30-20.45	20.30-21.20					
	CYCLING	CYCLING	PRIME Follow Me NEW!	WALKING					
GIOVEDÌ	19.30-20.20	20.30-21.20							
	WALKING	CYCLING							
VENERDÌ	19.30-20.20	19.30-20.45							
	WALKING	PRIME Follow Me NEW!							
SABATO									
DOMENICA	11.00-11.50								
	CYCLING								

WORKOUT

SALA FUN

LUNEDI	10.15-11.10	15.00-15.55	17.15-17.45	17.45-18.15	18.15-19.10	19.15-20.10	20.30-21.25		
	TOTAL BODY	GAG	GLUTEUS	ABDOMINALS	PRIME AEREOFIGHT	TOTAL BODY	PRIME THAY FIT		
MARTEDI	11.00-11.55	13.15-14.10	14.30-15.00	15.00-15.30	18.15-19.10	19.15-20.10	20:30-21:25		
	TOTAL BODY <i>Circuit</i>	TONE UP	GLUTEUS	ABDOMINALS	TOTAL BODY	PUMP	PRIME BOXE		
MERCOLEDI	10.15-11.10	16.30-17.25	18.15-19.10	19.15-20.10	20.30-21.25	21.30-22.25			
	TOTAL BODY	ZUMBA	PUMP	STEP	Balli CARAIBICI	Salsa CUBANA			
GIOVEDI	11.00-11.55	13.15-14.10	17.15-17.45	17.45-18.15	18.15-19.10	19.15-20.10	20.30-21.25		
	ZUMBA NEW!	TONE UP	GLUTEUS	ABDOMINALS	PRIME THAY FIT	GAG	CUBAFIT		
VENERDI	10.15-11.10	13.15-14.10	18.15-19.10	19.15-20.10					
	TOTAL BODY	PUMP	STEP	PUMP					
SABATO	11.30-12.25	13.30-14.25							
	GAG	PUMP							
DOMENICA	11.30-12.25								
	TOTAL BODY								

WORKOUT

SALA CONSCIOUS

LUNEDÌ	11.30-12.25	17.00-17.55	18.30-19.25	19.30-20.25	20.30-21.25				
	PILATES	PILATES	PILATES	YOGA	PILATES				
MARTEDÌ	09.30-10.25	18.30-19.00	19.00-19.30	19.30-20.25	20.30-21.25				
	YOGA	GLUTEUS NEW!	SPECIAL ABDOMINAL NEW!	PILATES	CUBAFIT				
MERCOLEDÌ	11.30-12.25	15.30-16.25	18.30-19.25	19.30-20.25	20.30-21.30				
	PILATES	PILATES	YOGA	PILATES	SUPER FUNCTIONAL				
GIOVEDÌ	13.30-14.25	18.30-19.25	19.30-20.25	20.30-21.25					
	YOGA	PILATES	POSTURAL TRAINING	PILATES ADVANCED					
VENERDÌ	09.30-10.25	10.30-11.25	18.30-19.25	19.30-20.25					
	POSTURAL TRAINING	PILATES	YOGA	PRIME BOXE					
SABATO	11:00-11:55	12:00-12:55							
	SUPER FUNCTIONAL NEW!	YOGA NEW!							
DOMENICA	11.30-12.25								
	POWER STRECHING								