

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 ♥♣♠♥ ★★	09.00-10.00 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 ♥♥♥♣ ★	19.50-20.50 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 Olga ♥♣♠♥ ★★	20.00-21.00 Pump Luisa ♣♠♥♣ ★	21.00-22.00 Yoga Francesca ♥♣♠♥ ★★
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06.40-07.30 Functional Training Roberto ♥♣♠♥ ★★	09.00-10.00 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 Betta ♥♣♠♥ ★	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 Francesco ♣♠♥♥ ★★	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 ♥♥♥♣ ★	11.00-12.00 Zumba Vivian ♣♥♥♥ ★	12.00-13.00 HIT interval training Rosalinda ♥♥♥♣ ★★	13.00-14.00 Pump Manu ♣♠♥♣ ★★
Sala 1		Sala 2		
difficoltà di esecuzione		★ ★★ ★★★		
allenamento per tonificazione		♣♠♥♣ ♣♠♥♣		
allenamento cardio vascolare		♥ ♥♥ ♥♥♥		