

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ |
|--------------------------------------|--|-------------------------------------|--|-------------------------------------|
| TOTAL TONE 09:30 - 10:15 | YOGA 09:30 - 10:30 | MIOFASCIALE 09:15 - 09:45 | YOGA 09:30 - 10:30 | MIOFASCIALE 09:15 - 09:45 |
| GAG 10:15 - 11:00 | | PILATES 09:45 - 10:45 | | PILATES 09:45 - 10:45 |
| | | CARDIO TONE 10:45 - 11:30 | | CARDIO TONE 10:45 - 11:30 |
| | | ABS 11:30 - 11:45 | | ABS 11:30 - 11:45 |
| PILATES 17:45 - 18:30 | ZUMBA 17:45 - 18:30 | | | PILATES 17:45 - 18:30 |
| CARDIO TONIC 18:30 - 19:15 | CIRCUIT TRAINING 18:30 - 19:30 | STEP 18:30 - 19:15 | CIRCUIT TRAINING 18:30 - 19:30 | PUMP DOWN 18:30 - 19:15 |
| PILATES 19:15 - 20:00 | YOGA 19:30 - 20:30 | PUMP UP 19:15 - 20:00 | YOGA 19:30 - 20:30 | PILATES 19:15 - 20:00 |