

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
S A L A F I T N E S S					
09:30-10:30 POSTURALE		09:30-10:30 POSTURALE		09:30-10:30 POSTURALE	
10:30-11:30 PILATES	10:30-11:30 POSTURALE "VIVAMENTE" (RISERVATO)	10:30-11:30 PILATES	10:30-11:30 POSTURALE "VIVAMENTE" (RISERVATO)	10:30-11:30 PILATES	
11:30-12:30 POSTURALE ALZ (RISERVATO)				11:30-12:30 POSTURALE ALZ (RISERVATO)	
14:40-15:40 YOGA PILATES		14:40-15:40 YOGA PILATES		14:40-15:40 YOGA PILATES	
16:00-17:00 POSTURALE OLD (riservato)		16:45-17:45 BALLI DI GRUPPO		16:00-17:00 POSTURALE OLD (Riservato)	
17:00-18:00 KARATE			17:00-18:00 KARATE		
18:00-19:00 PILATES LILIA	18:00-19:00 PILATES SILIANA	18:00-19:00 PILATES LILIA	18:00-19:00 PILATES SILIANA	18:00-19:00 PILATES LILIA	
19:00-20:00 WORKOUT	19:00-20:00 POLE DANCE (BASE TRICKS)	19:00-20:00 WORKOUT	19:00-20:00 POLE DANCE (FLESSIBILITA')	19:00-20:00 WORKOUT	
20:00-21:00 HELLS DANCE	20:00-21:00 POLE DANCE (BASE COMBO)	20:00-22:00 BOXE	20:00-21:00 POLE DANCE (INTERMEDIO)	20:00-22:00 BOXE	
	21:00-22:00 POLE DANCE		21:00-22:00 POLE DANCE		
S A L A R O S S A					
	16:45-17:45 AERIAL KIDS		16:45-17:45 AERIAL KIDS		
17:30-18:30 MUAI THAY KIDS	17:45-19:15 AERIAL KIDS (avanzato)	17:30-18:30 MUAI THAY KIDS	17:45-19:15 AERIAL KIDS (avanzato)	17:30-18:30 MUAI THAY KIDS	
18:30-20:00 MUAI THAY	19:30-20:30 AERIAL ADULTI	18:30-20:00 MUAI THAY	19:30-20:30 AERIAL ADULTI	18:30-20:00 MUAI THAY	
20:00-21:00 MMA	20:30-22:00 AERIAL ADULTI (Avanzato)	20:00-21:00 MMA	20:30-22:00 AERIAL ADULTI (Avanzato)	20:00-21:00 MMA	
21:00-22:00 KUDO		21:00-22:00 KUDO		21:00-22:00 KUDO	
S A L A N E R A					
09:00-10:00 CROSS TRAINING SIMONE	09:00-10:00 CROSS TRAINING SIMONE	09:00-10:00 CROSS TRAINING SIMONE	09:00-10:00 CROSS TRAINING SIMONE	09:00-10:00 CROSS TRAINING SIMONE	
					10:00-11:00 CROSS TRAINING SIMONE
14:00-15:00 CROSS TRAINING SIMONE	14:00-15:00 CROSS TRAINING SIMONE	14:00-15:00 CROSS TRAINING SIMONE	14:00-15:00 CROSS TRAINING SIMONE	14:00-15:00 CROSS TRAINING SIMONE	
17:00-18:00 CROSS TRAINING SIMONE	17:00-18:00 CROSS TRAINING BRUNO	17:00-18:00 CROSS TRAINING SIMONE	17:00-18:00 CROSS TRAINING BRUNO	17:00-18:00 CROSS TRAINING SIMONE	
18:00-19:00 CROSS TRAINING SIMONE	18:00-19:00 TRX	18:00-19:00 CROSS TRAINING SIMONE	18:00-19:00 TRX	18:00-19:00 CROSS TRAINING SIMONE	
19:00-20:00 CALISTHENICS	19:00-20:00 CROSS TRAINING BRUNO	19:00-20:00 CALISTHENICS	19:00-20:00 CROSS TRAINING BRUNO	19:00-20:00 CALISTHENICS	
20:00-22:00 BOXE					
S A L A T A T A M I					
					15:30-17:00 WAPD
18:00-19:00 JU JITSU KIDS	18:00-19:00 BRAZILIAN JU JITSU KIDS	18:00-19:00 JU JITSU KIDS	18:00-19:00 BRAZILIAN JU JITSU KIDS	18:00-19:00 JU JITSU KIDS	
19:00-20:30 JU JITSU RAGAZZI / ADULTI	19:00-20:00 BRAZILIAN JU JITSU	19:00-20:30 JU JITSU RAGAZZI / ADULTI	19:00-20:30 BRAZILIAN JU JITSU	19:00-20:30 JU JITSU RAGAZZI / ADULTI	
20:30-22:00 BRAZILIAN JIU JITSU	20:00-22:00 KICK BOXING	20:30-22:00 BRAZILIAN JIU JITSU	20:00-22:00 KICK BOXING	20:30-22:00 BRAZILIAN JIU JITSU	
MEDICAL FITNESS					
		11:30-12:30 REFORMER LILIA (Su prenotazione)			
	12:00-13:00 REFORMER SILIANA (Su prenotazione)		12:00-13:00 REFORMER SILIANA (Su prenotazione)		
12:30-13:30 REFORMER LILIA (Su prenotazione)	13:30-14:30 REFORMER SILIANA (Su prenotazione)		13:30-14:30 REFORMER SILIANA (Su prenotazione)	12:30-13:30 REFORMER LILIA (Su prenotazione)	
	14:30-15:30 REFORMER SILIANA (Su prenotazione)		14:30-15:30 REFORMER SILIANA (Su prenotazione)		
17:00-18:00 REFORMER LILIA (Su prenotazione)		17:00-18:00 REFORMER LILIA (Su prenotazione)		17:00-18:00 REFORMER LILIA (Su prenotazione)	
	19:00-20:00 REFORMER SILIANA (su prenotazione)		19:00-20:00 REFORMER SILIANA (su prenotazione)		

ORARIO PALESTRA: DAL LUNEDI' AL VENERDI' ore 07.30 – 22.30
 SABATO 8.30-19.00 DOMENICA 9.00-13.00