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	**19:00-20:00** 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	
M E D I C A L F I T N E S S					
				09:00-10:00 REFORMER LILIA (Su prenotazione)	
	12:00-13:00 REFORMER SILIANA (Su prenotazione)	**11:30 12:30** REFORMER LILIA (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

XTREME GYM
Villaggio Fitness