

L M M G V S



**FASTCLASS 30'**

Core	19.00-19.30 K		19.00-19.30 K		20.00-20.30 K	
G.A.G.		19.00-19.30 K		19.00-19.30 K		
Step Base			18.30-19.00 K			



**FORMA**

Step		18.00-19.00 K		18.00-19.00 K		
Zumba	19.30-20.30 E				19.00-20.00 E	



**POSTURAL & MIND**

Bio&Stretch					10.00-11.00 Ad	
Yoga		20.30-21.30 M		20.30-21.30 Al		
Pilates Matwork		18.30-19.30 E		18.30-19.30 E		
Postural Training	17.00-18.00 Ci		10.00-11.00 Ad 17.00-18.00 Ci		17.00-18.00 Ad	
Total Body Soft	10.00-11.00 Pa					
Karate Adulti		20.30-21.30 B		20.30-21.30 B		



**TONO**

Cardio & Tone	18.00-19.00 K				18.00-19.00 K	
Cross Training	10.00-11.00 Do 13.00-14.00 Do 17.00-18.00 Do 19.00-20.00 Do		10.00-11.00 Do 13.00-14.00 Do 17.00-18.00 Do 19.00-20.00 Do		10.00-11.00 Do 13.00-14.00 Do 17.00-18.00 Do 19.00-20.00 Do	15.00-16.00 Do
Functional	20.00-21.00 Si	11.00-12.00 Gi 13.00-14.00 A 17.30-18.30 Gi	20.00-21.00 Si	11.00-12.00 Gi 17.30-18.30 Gi	13.00-14.00 A 20.00-21.00 Si	
Push		19.30-20.30 E		19.30-20.30 E		
Total Body	09.00-10.00 E 20.30-21.30 Ci		09.00-10.00 E 20.30-21.30 Ci		09.00-10.00 E 20.30-21.30 K	
Strong			19.30-20.30 Ma			11.00-12.00 Ma



**CARDIO**

Spinning	18.30-19.30 A 20.00-21.00 A		18.30-19.30 A 20.00-21.00 A	13.00-14.00 A	18.30-19.30 A 20.00-21.00 A	
Walking	13.00-14.00 A	18.30-19.30 A 19.30-20.30 K		18.30-19.30 A 19.30-20.30 K		



**KIDS**

CrossKids		17.00-18.00 Ma		17.00-18.00 Ma		
Giocomotricità	16.00-17.00 Ale				16.00-17.00 Ale	
Hip Hop 1		17.00-18.00 An			17.00-18.00 An	
Hip Hop 2			16.00-17.00 An		16.00-17.00 An	
Hip Hop 3		16.00-17.00 An		16.00-17.00 An		
Hip Hop 4		15.00-16.00 An		15.00-16.00 An		
Hip Hop 5			15.00-16.00 An		15.00-16.00 An	15.00-16.30 An
Hip Hop 6			17.00-18.00 An		21.00-22.00 An	16.30-18.00 An
Karate Bambini	15.00-18.00 B			15.00-18.00 B		