

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA
MATTINA											
SOFT PILATES 09.00 - 09.50	BODY TONIC 360 9.30 - 10.20		POSTURAL 9.30 - 10.20		SOFT PILATES 09.00 - 09.50		BODY TONIC 360 9.30 - 10.20		POSTURAL 9.30 - 10.20		
	WALKING 10.30 - 11.20			ZUMBA FITNESS 10.00 - 10.50	FUNZIONALE 10.00 - 10.50		WALKING 10.30 - 11.20			ZUMBA FITNESS 10.00 - 11.00	WALKING 10.00 - 10.50
											TABATA 11.00 - 11.30
PAUSA PRANZO											
FUNZIONALE 13.00 - 13.50	WALKING 13.00 - 13.50	POWER PILATES 13.00 - 13.50	WALKING & TONE 12.50 - 13.35	GAG 13.00 - 13.50	WALKING 13.00 - 13.50	POWER PILATES 13.00 - 13.50	WALKING 13.00 - 13.50	STRONG 13.00 - 13.50	FIT-BOXE 13.00 - 13.50		
			TOTAL ABS 13.45 - 14.30								
POMERIGGIO/SERA											
			FUNCTIONAL CIRCUIT 18.00 - 18.50				GAG 18.00 - 18.50		WALKING 18.00 - 18.50		
STRONG 18.30 - 19.20		ZUMBA FITNESS 18.30 - 19.20	TOTAL BODY EXTREME 19.00 - 19.50	ZUMBA FITNESS 19.00 - 19.50	POWER PILATES 19.00 - 19.50	STRONG 18.30 - 19.20	FIT-BOXE 19.00 - 19.50	POWER PILATES 19.00 - 20.00	STEP&TONE 19.00 - 19.50		
ZUMBA FITNESS 19.40 - 20.30	FIT-BOXE 19.30 - 20.20	ZUMBA FITNESS 20.00 - 21.00	WALKING 20.00 - 20.50		WALKING 20.00 - 20.50	ZUMBA FITNESS 19.45 - 20.35	WALKING 20.00 - 20.50				
DANCE											
SALSA BASE 20.45 - 21.45		BACHATA AVANZATO 21.30 - 22.30		BACHATA BASE 20.45 - 21.45	SALSA BASE 21.00 - 22.00	KIZOMBA BASE 21.00 - 22.00	SALSA PERFEZIONAMENTO 20.45 - 21.45				
SALSA INTERMEDIO 21.45 - 22.45				BACHATA INTERMEDIO 21.45 - 22.45	SALSA INTERM/AVANZ 22.00 - 23.00	KIZOMBA INTERMEDIO/AV 22.00 - 23.00					