GIORNO	LUNEDì		MARTEDì		MERCOLEDì		GIOVEDì		VENERDì		SABATO	
ORARIO/SALA	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB	Sala FIT	Sala LAB
MATTINO - PAUSA PRANZO			**Mat Pilates** 9:00 - 9:45		**Ginnastica senior** 10:00 - 10:45			**Hatha Yoga base** 8:30 - 9:15				**Lezione a rotazione** 10:00 - 10:45
			Mat Pilates 10:00 - 10:45				**Mat Pilates** 9:30 - 10:15		**Mat Pilates** 9:30 - 10:15			
					Total functional training 12:30 - 13:30	**Mat Pilates** 13:00 - 13:45			**Mat Pilates** 13:00 - 13:45			
POMERIGGIO			**Mat Pilates** 16:00 - 16:45	**Yoga base** 16:00 - 17:00								
	Mat Pilates 17:15 - 18:00		**Hatha Yoga base (Yoga terapeutico)** 17:00 - 18:00	**Mat Pilates** 17:15 - 18:00	**Mat Pilates** 17:15 - 18:00		**Get in shape** 17:00 - 17:45		**Hatha Yoga base** 17:00 - 18:00	**Mat Pilates** 16:45 - 17:30		
SERA	**Get in shape** 18:15 - 19:00		**Mash up** 18:15 - 19:00	**Vinyasa Yoga** 18:10 - 19:10	**Power Pilates** 18:15 - 19:00	**Total Flying** 18:00 - 18:45	**Mat Pilates** 18:00 - 18:45		**Slim program** 18:00 - 18:45	**Vinyasa flow Yoga** 18:15 - 19:15		
	Mat Pilates 19:15 - 20:00		**Hatha Yoga multilivello** 19:20 - 20:20	**Mat Pilates** 19:30 - 20:15	**Calisthenics** 19:00 - 20:00	**Mat Pilates** 19:15 - 20:00	**Get in shape** 19:00 - 19:45	**True power Yoga** 19:00 - 20:00	**Mat Pilates** 19:15 - 20:00			