

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 9:30 - 10:15		Ginnastica senior 10:00 - 10:45		Mat Pilates 9:30 - 10:15		Mat Pilates 9:30 - 10:15			
			Mat Pilates 10:30 - 11:15		Mat Pilates 13:00 - 13:45	Total functional training 12:30 - 13:30			Total functional training 12:30 - 13:30	Mat Pilates 13:00 - 13:45		
POMERIGGIO	Mat Pilates 17:00 - 17:45							Mat Pilates 17:00 - 17:45		Hatha Yoga base 17:00 - 18:00		
	Lift me up 18:00 - 18:45	Hatha Yoga 17:45 - 18:45	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		
SERA	True Power Yoga 19:00 - 20:00	Mat Pilates 19:15 - 20:00	Hatha Yoga multilivello 19:20 - 20:20	Mat Pilates 19:15 - 20:00	Calisthenics 19:00 - 20:00	Mat Pilates 19:15 - 20:00	Get in shape 19:00 - 19:45		Calisthenics 19:00 - 20:00	Mat Pilates 19:30 - 20:15		
					Calisthenics pro 20:00 - 20:30							