



From Fitness To Wellness



	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
8:45	PILATES		POSTURALE		FIT BOXE		POSTURALE		PILATES			
9:30											POSTURALE MEZIERES	
9:45	TOTAL BODY SOFT	FIT TRAINING	FIT BOXE		YIN YOGA		STEP MUSICALE		TOTAL BODY SOFT	FIT TRAINING		TOTAL BODY
10:45			POSTURALE		ZUMBA		POSTURALE				10:30 POSTURALE MEZIERES	
13:30			YOGA				YOGA					
14:20	PILATES				ZUMBA TONING				PILATES		12:40 ZUMBA	
18:00	ZUMBA		TOTAL BODY BOXE				TOTAL BODY BOXE		ZUMBA	TRX		
18:30					POSTURALE MEZIERES						DOMENICA	
19:00	PILATES	T.R.X.	FULL BODY WORKOUT			T.R.X.	FULL BODY WORKOUT		PILATES		10:15 HIIT	
19:15				POWER TRAINING				BODY CONDIT				
19:30					PILATES							
20:00	FUNCTIONAL EXPLOSION					POWER TRAINING			FUNCTIONAL EXPLOSION			
20:15			BOXING WORKOUT				BOXING WORKOUT					