

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
7.00 - 8.00 HYBRID CLASS		7.00 - 8.00 HYBRID CLASS		7.00 - 8.00 HYBRID CLASS		
	9.30 - 10.30 TOTAL BODY	9.15 - 10.15 YOGA	9.30 - 10.30 BODY TONE			
10.00 - 11.00 BODY TONE	10.30 - 11.30 PILATES	10.30 - 11.30 PILATES	10.30 - 11.30 STRETCHING	10.00 - 11.00 BUNGEE GYM	10.00 - 11.00 TOTAL TONE	10.00 - 11.00 INDOOR CYCLING
11.00 - 12.00 COSMO YOGA				11.00 - 12.00 COSMO YOGA	10.00 - 11.00 AERIAL HOOP	10.00 - 11.00 HYBRID CLASS
12.00 - 13.00 BUNGEE GYM		12.45 - 13.45 TOTAL TONE		12.45 - 13.45 ZUMBA	11.00 - 12.00 BUNGEE GYM	11.00 - 12.00 CORSO FITNESS A ROTAZIONE
13.00 - 14.00 BUNGEE GYM	13.00 - 13.45 FUNCTIONAL TRAINING		13.00 - 13.45 FUNCTIONAL TRAINING	13.00 - 14.00 POWER FUNCTIONAL	11.00 - 12.00 INDOOR CYCLING	
13.00 - 14.00 INDOOR CYCLING					14.00 - 15.30 ALLENAMENTO LATINO	
					15.00 - 16.00 HYBRID CLASS	
	17.00 - 17.50 FLEXIBILITY					
18.00 - 19.00 CALISTHENICS BASIC	18.00 - 18.50 ZUMBA	18.00 - 19.00 COSMO YOGA	18.00 - 18.45 YOGA FIT	18.00 - 18.50 TOTAL TONE		
18.00 - 18.50 STEP TONE	18.00 - 19.00 AERIAL HOOP	18.00 - 19.00 CALISTHENICS	18.00 - 19.00 FUNCTIONAL TRAINING			
19.00 - 19.50 PILATES	18.30 - 19.30 FUNCTIONAL TRAINING	19.00 - 19.50 FLEXIBILITY	18.30 - 20.00 ALLENAMENTO LATINO			
19.00 - 20.00 CALISTHENICS	19.00 - 19.50 TOTAL BODY	19.00 - 20.00 INDOOR CYCLING	18.45 - 19.30 TOTAL BODY	19.00 - 19.50 BODY CIRCUIT		
19.00 - 20.00 HEELS	20.00 - 20.50 FITBOXE	19.00 - 20.00 CALISTHENICS	19.00 - 20.00 FUNCTIONAL TRAINING	19.00 - 19.50 ZUMBA		
19.50 - 20.50 POLE DANCE	20.00 - 21.00 FUNCTIONAL TRAINING	20.00 - 21.00 POLE DANCE	19.30 - 20.20 STEP TONE	19.15 - 20.00 PILATES		
20.00 - 21.00 INDOOR CYCLING	20.15 - 21.00 SALSA CUBANA	20.00 - 21.00 FUNCTIONAL TRAINING	20.00 - 20.45 BACHATA SENSUAL BASE	20.30 - 21.30 POLE DANCE		
20.00 - 21.00 FUNCTIONAL TRAINING	21.00 - 21.45 CARAIBICO BASE	20.10 - 21.00 GAG	20.00 - 21.00 FUNCTIONAL TRAINING			
21.00 - 21.50 CARAIBICO BASE	21.00 - 22.00 COUNTRY	21.00 - 21.45 CARAIBICO INTERMEDIO 1	20.30 - 21.20 FITBOXE			
21.15 - 22.15 SALSA/BACHATA BASE			20.45 - 21.30 CARAIBICO INTERMEDIO 2			
21.50 - 22.40 CARAIBICO INTERMEDIO 1	21.45 - 22.30 BACHATA SENSUAL BASE	21.45 - 22.30 CARAIBICO BASE				
22.40 - 23.30 CARAIBICO INTERMEDIO 2	22.30 - 23.15 BACHATA SENSUAL INTERMEDIO/AVANZATO	22.30 - 23.15 CARAIBICO AVANZATO				