



## MATTINA

## PRANZO

## POMERIGGIO - SERA

LUN

	09.30 10.15	10,15 11,00
	POSTURAL time	TOTAL TONE
	RIKY	RIKY

13,00 13,45	
STRONG	
RIKY	

18,15 19,00	19,00 19,45	19,45 20,15
		ADDOME
DAVID	DAVID	RIKY

MAR

	09.30 10.15	10,15 11,00	
	BODY FLEX	TONE UP	
	CARLOS	CARLOS	

12,45 13,30	17:30 18:30
GIUSEPPE	CHRI

19,00 19,45	19,45 20,15	20:15:21:15	21:30:22:30
FIT REVOLUTION	PILATES	COMBACT S.D	LATINO
CHRI	CHRI	CHRI	PATTY

MER

	09.30 10.15	10,15 11,00
	PILATES	BODY TONE
	MADDY	MADDY

13,00 13,45	17:00 18:00
BODY TONE	KUNG FU
CHRI	CHRI

19,00 19,30	19,30 20,15
ADDOME	CIRCUIT
FEDE	FEDE

GIO

09.30 10.15	10,15 11,00
POSTURAL TONE	TOTAL TONE
RIKY	RIKY

13,00 13,45	17:00 18:00
BODY TONE	KUNG FU
CHRI	CHRI

19,00 19,45	19,45 20,15	20,15 21,00
GAG	TONE UP	ZUMBA
RIKY	RIKY	DAVID

VEN

09.30 10.15	10,15 11,00	
POSTURAL TONE	TOTAL TONE	
RIKY	RIKY	

13,00 13,45	
GAG	
STRONG	
MADDY	

19,00 19,30	19,30 20,15	20:30:21:30
ADDOME	CIRCUIT	LATINO
FEDE	FEDE	PATTY

SAB

	10:30:11:45	DOM
	COMBACT S.D	
	CHRI	

**SPECIAL CLASS**