

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9.30	gym dolce		pilates matwork		pilates	
10.00		body balance		body balance		
10.30	corpo libero		pump		add+glutei	gag
11.00		pilates				
11.30	flexible		yoga energy		sbarra a terra	
13.30	gag	total body	body sculpt	total body	step latino	
14.30	step	gag	step&tone	pilates	gag	
15.30		yoga energy	flexible		yoga energy	
16.30		mammapfit		mammapfit		
17.30	pilates matwork		gag	gag	body tonic	
18.00		body pump				
18.30	step tonic		circuit step	body tonic	total body	
19.00		spinning		spinning		
19.00		step&tone				
19.30	gag		total body	yoga energy	aerostep	
19.30	spinning		spinning		spinning	
21.00		salsa portoricana intermedi				
22.00		bachatango				