

MATTINO

MEZZOGIORNO

SERA

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1/2
BODY TONIC 9.15-10.15	GINNASTICA POSTURALE 10.30-11.30	TOTAL TRAINING 9.30-10.30		G.A.G. 9.15-10.15		BODY TONIC 9.15-10.15	GINNASTICA POSTURALE 10.30-11.30	TOTAL TRAINING 9.30-10.30		GINNASTICA POSTURALE 9.30-10.30
STRETCHING 10.15-10.30		STRETCHING 10.30-11.00		STRETCHING 10.15-10.45	SWEET FIT 10.45-11.45	STRETCHING 10.15-10.30		STRETCHING 10.30-11.00		YOGA DINAMICO 10,30-11,30
ADDOMINALI 12.30-12.45				ADDOMINALI 12.30-12.45				ADDOMINALI 12.30-12.45		
G.A.G. 12.45-13.45		GINNASTICA POSTURALE 12.45-13.45		EASY STEP 12.45-13.45		PANCAFIT 12,30-13,30		G.A.G. 12.45-13.45		
										GRAPPLING 15.00-17.00
UPPER TRAINING 18.15-18.45	KICK BOXE 18,30-19,50	ALL FOR TONE 18.15-19.00	PANCAFIT 18.30-19.30	UPPER TRAINING 18.15-18.45	KICK BOXE 18,30-19,50	ALL FOR TONE 18.15-19.00		AERO PUMP 18.45-19.45	SPINNING 19.00-20.00	
AERO G.A.G. 18.45-19.45	SPINNING 20.00-21.00	STEP & TONE 19.00-20.00	STRIDING 20,00-21,00	AERO G.A.G. 18.45-19.45	SPINNING 20.00-21.00	CARDIO G.A.G. 19.00-20.00	PANCAFIT 18.30-19.30			DOMENICA
TOTAL TRAINING 19.45-20.30		GINNASTICA POSTURALE 20,00-21,00		TOTAL TRAINING 19.45-20.30		GINNASTICA POSTURALE 20,00-21,00	STRIDING 20,00-21,00	YOGA DINAMICO 20,10-21,10		COME DA PROGRAMMA MENSILE 10.30-11.30
DIFESA PERSONALE 21.00-22.15			BOXE 21.15-22.30	GRAPPLING 20.45-22.00		DIFESA PERSONALE 21.00-22.15	BOXE 21.15-22.30			SPINNING 10.30-11.30
JUNIOR		DANZA MODERNA		Mercoledì 16,40/18,10 (livello base)						
				Venerdì 16,40/18,40 (livello intermedio-avanzato)						
		JUDO		Sabato 14,00-15,00						