


LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	09:00 - 10:00	09:00 - 09:45			
	YOGAFLEXFITNESS	LES MILLS BODYPUMP			
				10:00 - 11:00	10:00 - 10:45
				YOGAFLEXFITNESS	LES MILLS BODYPUMP
	12:15 - 13:00		12:15 - 13:00	12:15 - 13:10	
	LES MILLS BODYPUMP		LES MILLS PILATES	SPINNING	
18:00 - 18:50	18:00 - 18:50	18.00-18.45	18.00-18.45	17:00 - 18:30	
LES MILLS BODYPUMP	SPINNING	LES MILLS FUNCTIONAL STRENGTH	LES MILLS BODYPUMP	TAI QI & QIGONG	
19:00 - 20:00	19:00 - 19:50	19.00 - 19:45	19:00 - 19.45		
	LES MILLS PILATES	LES MILLS Shapes	Strength Development <small>LES MILLS</small>		

