

SALA 1

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	9.00 pilates	9.00 total body	9.00 yoga	9.00 pilates	
9.30 totalbody					
					10.30 Burn legs burn
					11.30 Burn legs burn
		12.50 pilates			
18.00 total body	18.00 pilates		18.00 yoga		
				19.00 superjump	
19.10 Burn legs burn	19.10 totalbody	19.10 pilates			
	20.00 superjump	20.00 totalbody	20.00 pilates		

SALA 2

		6.15 reformer max6	9.00 reformer max6		
13.30 reformer max6	7.00 reformer max6	10.15 reformer max6		13.00 reformer max6	
		18.00 reformer max6	18.00 reformer max6		
20.10 reformer max6			19.00 reformer max6		
			20.00 reformer max6		