

	LUN	MAR	MER	GIO	VEN	SAB
09.15 10.00	POSTURALE		POSTURALE		POSTURALE	
13.15 14.00	TOTAL BODY	BODY TONE	TOTAL BODY	BODY SCULPT	POSTURALE DINAMICO	GAG
18.00 18.45	GAG	TOTAL BODY	BODY SCULPT	GAG	GAG	
19.00 19.45	CIRCUIT TRAINING	FIT BOXE	CIRCUIT TRAINING	FIT BOXE	19.15 20.30	
20.00 20.45	BODY SCULPT	PILOGA	GAG	PILOGA	TOTAL BODY	