

	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	TOTAL BODY	ZUMBA®
18.00 18.45	GAG	TOTAL BODY	BODY SCULPT	GAG	HIIT	
19.00 19.45	CIRCUIT TRAINING		GAG			
20.00 20.45			PILATES			