

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**

**CIRCUIT
TRAINING**

18.00
18.45

GAG

**TOTAL
BODY**

**BODY
SCULPT**

GAG

HIIT

19.00
19.45

**CIRCUIT
TRAINING**

**BODY
SCULPT**

GAG

20.00
20.45

PILATES