

**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**

18.00  
18.45

**GAG**

**TOTAL  
BODY**

**GAG**

**HIIT**

19.00  
19.45

**CIRCUIT  
TRAINING**

**GAG**

20.00  
20.45