

	LUN	MAR	MER	GIO	VEN	SAB
09.15 10.00	POSTURALE		POSTURALE		POSTURALE	
10.00 10.45		PILATES		PILATES		
13.15 14.00	TOTAL BODY	BODY TONE	TOTAL BODY	BODY TONE	TOTAL BODY	CIRCUIT TRAINING
18.00 18.45	GAG	PILATES	BODY SCULPT	TOTAL BODY	HIIT	
19.00 19.45	STRONG	BODY SCULPT	ABS	PILATES		
20.00 20.45	CIRCUIT TRAINING		CIRCUIT TRAINING			