

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
8:15 - 9:05 POSTURAL	8:15 - 9:05 TOTAL BODY	8:15 - 9:05 POSTURAL	8:15 - 9:05 CIRCUITO FUNCTIONAL	8:15 - 9:05 STRETCHING	
					9:30 - 10:20 GAG TRAINING
13:00 - 13:50 POSTURAL STRETCH	13:30 - 14:30 YOGA			13:00 - 13:50 TOTAL BODY	
14:00 - 14:50 ZUMBA		14:00 - 14:50 TOTAL BODY	14:00 - 14:50 POSTURAL		
	17:20 - 18:10 PILATES		17:20 - 18:10 GAG TRAINING	17:20 - 18:10 ZUMBA	
18:10 - 19:00 TABATA	18:10 - 19:00 PILATES	18:10 - 19:00 CARDIO FIT	18:10 - 19:00 PILATES	18:10 - 19:00 FIT DEFENCE	
19:10 - 20:00 CIRCUITO FUNCTIONAL	19:10 - 20:00 TOTAL BODY	19:10 - 20:00 TOTAL BODY	19:10 - 20:00 TOTAL BODY		