LUNEDÌ

SALA 1	SALA 2	SALA 3
		11:00-12:00 **Pilates**
17:00-18:00 **Capoeira**		16:45-17:45 **Taekwondo**
18:00-19:00 **Ju Jitsu**		18:00-19:00 **Total Body Pump**
19:30-21:30 **Ju Jitsu**	19:00-20:00 **Calisthenics 1**	19:00-20.00 **Aerokick**
	20:00-21:00 **Calisthenics 2**	20:00-21.30 **Kickboxing**

MARTEDÌ

SALA 1	SALA 2	SALA 3
09:30-11:00 **Posturale**		10:30-11:30 **Super Jump**
		14:00-15:00 **Total Body**
17:00-18:00 **Pilates**		17:00-18:00 **Social Dance**
18:00-19:00 **Pilates**	18:00-19:00 **Calisthenics 1**	18:00-19:00 **Jump Training**
19:00-20:00 **Pilates**	19:00-20:00 **Calisthenics 2**	19.00-20:00 **Poledance Base**
20:00-21:30 **Krav Maga**	20:15-21:15 **Group Cycling**	20:00-21:00 **Poledance Intermedio**

MERCOLEDÌ

SALA 1	SALA 2	SALA 3
		11:00-12:00 **Pilates**
17:00-18:00 **Capoeira**		16:45-17:45 **Taekwondo**
18:00-19:00 **Ju Jitsu**		18:00 - 19:00 **Powercore**
19:30-21:30 **Ju Jitsu**		19:00 - 20:00 **Aerokick**
	20:00-21.30 **Kickboxing**	20.00-21:00 **Poledance Base**

GIOVEDÌ

SALA 1	SALA 2	SALA 3
09:30-11:00 **Posturale**		10:30-11:30 **Super Jump**
		14:00-15:00 **Total Body**
17:00-18:00 **Pilates**		17:00-18:00 **Social Dance**
18:00-19:00 **Pilates**	18:00-19:00 **Calisthenics 1**	18:00-19:00 **Circuit Training**
19:00-20:00 **Pilates**	19:00-20:00 **Calisthenics 2**	19.00-20:00 **Poledance Base**
20:00-21:30 **Krav Maga**	20:15-21:15 **Group Cycling**	20:00-21:00 **Poledance Intermedio**

VENERDÌ

SALA 1	SALA 2	SALA 3
17:00-18:00 **Capoeira**		11:00-12:00 **Pilates**
18:00-19:00 **Ju Jitsu**		18:00 - 19:00 **Powercore**
19:30-21:30 **Ju Jitsu**		19:00 - 20:00 **Aerokick**
		20.00-21:00 **Poledance Base**

SABATO

SALA 1	SALA 2	SALA 3
		9.30 -10.30 **Poledance Exotic**
		10.30-11.30 **Poledance Cerchi Aereo**

IN PIÙ

Lezioni con un **Personal Trainer** su appuntamento.
Nuovo corso di **Reformer** per small group, su prenotazione.