

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
S A L A F I T N E S S				
09:30-10:30 POSTURALE		09:30-10:30 POSTURALE		09:30-10:30 POSTURALE
10:30-11:30 PILATES		10:30-11:30 PILATES		10:30-11:30 PILATES
11:30-12:30 POSTURALE ALZ				11:30-12:30 POSTURALE ALZ
14:30-15:30 YOGAPILATES		14:30-15:30 YOGAPILATES		14:30-15:30 YOGAPILATES
16:30-18:00 GINNASTICA RITMICA	16:45-17:45 POSTURALE	16:45-17:45 BALLI DI GRUPPO	16:30-18:00 GINNASTICA RITMICA	16:45-17:45 POSTURALE
18:00-19:00 PILATES		18:00-19:00 PILATES		18:00-19:00 PILATES
19:00-20:00 WORKOUT	19:00-20:00 POLE DANCE	19:00-20:00 WORKOUT	19:00-20:00 POLE DANCE	19:00-20:00 WORKOUT
20:00-21:00 BOXE	20:00-21:00 POLE DANCE	20:00-21:00 BOXE	20:00-21:00 POLE DANCE	20:00-21:00 BOXE
	21:00-22:00 BALLO COUNTRY	21:00-22:00 BOXE	21:00-22:00 TWERK	21:00-22:00 BOXE
S A L A R O S S A				
17:30-18:30 MUAI THAY KIDS	17:00-18:00 AERIAL KIDS	17:30-18:30 MUAI THAY KIDS	17:00-18:00 AERIAL KIDS	17:30-18:30 MUAI THAY KIDS
18:30-19:30 JU JITSU Rinaldi	18:00-19:30 AERIAL KIDS avanzato	18:30-19:30 JU JITSU Rinaldi	18:00-19:30 AERIAL KIDS avanzato	18:30-19:30 JU JITSU Rinaldi
19:30-20:30 KUDO	19:30-20:30 AERIAL ADULTI	19:30-20:30 KUDO	19:30-20:30 AERIAL ADULTI	19:30-20:30 KUDO
20:30-22:00 MUAI THAY ADULTI	20:30-22:00 AERIAL ADULTI avanzato	20:30-22:00 MUAI THAY ADULTI	20:30-22:00 AERIAL ADULTI avanzato	20:30-22:00 MUAI THAY ADULTI
S A L A N E R A				
	15:30-16:30 CALISTHENICS Principianti		15:30-16:30 CALISTHENICS Principianti	
	18:00-19:00 TRX PRINCIPIANTI (su prenotazione)		18:00-19:00 TRX PRINCIPIANTI (su prenotazione)	
19:00-20:00 CALISTHENICS Avanzato	19:00-20:00 TRX FUNCTIONAL (su prenotazione)	19:00-20:00 CALISTHENICS Avanzato	19:00-20:00 TRX FUNCTIONAL (su prenotazione)	19:00-20:00 CALISTHENICS Avanzato
	20:00-21:00 ACROYOGA (su prenotazione)		20:00-21:00 ACROYOGA (su prenotazione)	
21:00-22:00 BOXE				
S A L A T A T A M I				
17:30-18:30 JU JITSU BAMBINI	17:00-18:00 KARATE	17:30-18:30 JU JITSU BAMBINI	17:00-18:00 KARATE	17:30-18:30 JU JITSU BAMBINI
18:30-19:30 JU JITSU RAGAZZI	18:00-19:00 JUDO 4-10	18:30-19:30 JU JITSU RAGAZZI	18:00-19:00 JUDO 4-10	18:30-19:30 JU JITSU RAGAZZI
19:30-20:30 JU JITSU ADULTI	18:30-20:00 JUDO 10-18	19:30-20:30 JU JITSU ADULTI	18:30-20:00 JUDO 10-18	19:30-20:30 JU JITSU ADULTI
20:30-22:00 BRAZILIAN JIU JITSU	19:30-20:30 JUDO ADULTI	20:30-22:00 BRAZILIAN JIU JITSU	19:30-20:30 JUDO ADULTI	20:30-22:00 BRAZILIAN JIU JITSU
	20:30-21:30 BRAZILIAN JIU JITSU PRINCIPIANTI		20:30-21:30 BRAZILIAN JIU JITSU PRINCIPIANTI	

ORARIO PALESTRA: DAL LUNEDI' AL VENERDI' ore 07.30 – 22.30
SABATO 8.30-19.00 DOMENICA 9.00-13.00

