

	LUNEDÌ	MARTedì	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
08:30 09:00							
09:00 09:30					09:00-10:00 GRAVITY Erica	09:00-10:00 GRAVITY Erica-Illaria-Julie	
09:30 10:00			9:30-10:30 GRAVITY HIIT Ilaria				
10:00 10:30					10:30-11:30 PILATES SOFT Erica	10:00-11:00 GRAVITY HIIT Erica-Illaria-Julie	DOMENICA28 Consultare la pagina dedicata sul nostro sito
10:30 11:00						11:00-12:00 ADULT BALLET Erica-Illaria-Julie	
11:00 11:30						11:00-12:00 HIP HOP TEENS Aurora	
11:30 12:00							
12:00 12:30						12:00-13:00 PILATES Erica-Illaria-Julie	
12:30 13:00							
13:00 13:30			13:00-14:00 GRAVITY Ilaria	13:00-14:00 OUTDOOR WORKOUT Ilaria			
13:30 14:00					13:15-14:15 PILATES Julie		
14:15							
16:00 16:30							
16:30 17:00					16:00-17:00 BEGINNERS Graham Maria		
17:00 17:30	17:00-18:00 PRIMARY Classico Julie	17:00-18:00 PRE PRIMARY Classico Ilaria		17:00-18:00 PRIMARY Classico Illaria	17:00-18:00 BEGINNERS Classico Alessia	17:00-18:00 BABY Classico Julie	
17:30 18:00			17:30-18:30 HIP HOP INTRO Aurora	17:30-18:30 GRAVITY Erica		17:30-18:30 GRAVITY HIIT Erica	
18:00 18:30	18:00-19:00 BEGINNERS Classico Ilaria				18:00-19:00 PILATES Julie	18:00-19:00 GRAVITY Julie	
18:30 19:00		18:30-20:00 INTERMEDIATE Classico Alessia		18:15-19:15 BARRE WORKOUT Illaria	18:00-19:00 YOGA SOFT Angelica		
19:00 19:30			18:45-19:45 PILATES Erica	18:30-20:00 INTERMEDIATE Classico Alessia	18:30-19:30 MODERN LAB Maria		
19:30 20:00					19:15-20:15 ADULT BALLET Julie	19:00-20:00 YOGA VINYASA Angelica	
20:00 20:30							
20:30 21:00							
21:00 21:30							