

## SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00							
9.10 - 10.00	BACK SCHOOL		POSTURALE		SOFT TONE		
10.10 - 11.00	TONE UP	TOTAL BODY	TONE UP		MOVIDA		
11.10 - 12.00							
13.00 - 13.50	TOTAL BODY	PUMP		MOVIDA	FUNCTIONAL CONTROL	TOTAL BODY	
17.10 - 18.00		TOTAL BODY		ABDOSTRETCH			
18.10 - 19.00	MOVIDA		TOTAL BODY		CARDIO PUMP		
18.30 - 19.20				PUMP			
19.10 - 20.00	ROOTAPE		FIT BOXE		STEP		
19.30 - 20.20		FUNCTIONAL CONTROL					
20.10 - 21.00							

## SALA MUSICALE (Olistico)

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10- 8.00	YOGA						
9.10 - 10.00		BODY ARMONY		PILATES			
10.10- 11.00				YOGA		YOGA	
11.10- 12.30						PILATES	
13.00 -13.50			PILATES				
17.10- 18.00	PILATES		TAI CHI		HATA YOGA		
18.10 - 19.00		BODY ARMONY					
18.10 - 18.30				FLOWING			
19.10 - 19.30		FLOWING					
19.10- 20.00							
19.30- 20.30				PILATES			
20.10 - 21.00	TAI CHI		HATA YOGA				