

SALA FUNZIONALE

| orario | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|---------------|---------|----------|------------|----------|--------------|--------|
| 10.10 - 11.00 | | | | | FTX 360 STAB | |
| 13.00 - 13.50 | FTX360 | | FTX360 | | FTX360 | |
| 18.10 - 19.00 | | | FTX360 | | | |
| 18.30 - 19.20 | | | | | FTX360 | |
| 19.10 - 20.00 | FTX360 | FTX360 | | | | |
| 20.10 - 21.30 | BOXE | | BOXE | | BOXE | |

SALA MUSICALE

| orario | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO | DOMENICA |
|---------------|------------|-------------|---------------|----------------|----------------|------------|----------|
| 9.10 - 10.00 | PILATES | BODY ARMONY | BACK SCHOOL | | POSTURALE | | |
| 9.30 - 10.20 | | | | HATA YOGA | | | |
| 10.10 - 11.00 | | TAJICHIQUAN | TONE UP | | | HATA YOGA | |
| 12.10 - 13.00 | | | | | | PRIMITIVE | |
| 13.00 - 13.50 | TOTAL BODY | PUMP | ASHTANGA YOGA | PILATES | CORE STABILITY | TOTAL BODY | |
| 17.10 - 18.00 | | TONE UP | TOTAL BODY | | HATA YOGA | | |
| 17.30 - 18.20 | PILATES | | | CORE STABILITY | | | |
| 18.10 - 19.00 | | BODY ARMONY | STEP COREO | | CARDIO PUMP | | |
| 18.30 - 19.20 | MOVIDA | | | MOVIDA | | | |
| 19.10 - 20.00 | | PUMP | FIT BOXE | | STEP COREO | | |
| 19.30 - 20.20 | TOTAL BODY | | | PILATES | | | |
| 20.10 - 21.00 | | | HATA YOGA | | | | |