

	LUN
13.00	<b>BODY PUMP®</b>
17.00	STREET DANCE HIP HOP Flash Dance Academy
18.00	<b>CHOREOGRAPHY</b>
18.30	PUGILATO GIOVANILE 8-15
19.00	<b>BODY PUMP®</b>
19.30	<b>GYM BOXE</b>
20.20	<b>CORE</b> (30 min addominali )
20.20	YOGA Hot Yoga Therapy

	MAR
09.00	<b>TOTAL BODY</b>
13.00	YOGA Hot Yoga Therapy
18.10	<b>BODY PUMP®</b>
19.00	<b>M.E.T.</b>
19.10	<b>BODY PUMP®</b>
20.00	<b>PILATES</b>

	MER
9.00	YOGA Hot Yoga Therapy
13.00	<b>BODY PUMP®</b>
17.00	STREET DANCE HIP HOP Flash Dance Academy
18.00	<b>CHOREOGRAPHY</b>
18.30	PUGILATO GIOVANILE 8-15
19.00	<b>BODY PUMP®</b>
19.30	<b>GYM BOXE</b>
20.00	POLE DANCE Intermediate-Advanced
20.20	<b>CORE</b> (30 min addominali )
21.00	STREET DANCE HIP HOP Flash Dance Academy
21.00	POLE DANCE Beginners

	GIO
09.00	<b>TOTAL BODY</b>
18.00	REGGAETON Flash Dance Academy
18.10	<b>BODY PUMP®</b>
19.00	<b>M.E.T.</b>
19.10	<b>BODY PUMP®</b>
20.00	<b>PILATES</b>

	VEN
9.00	YOGA Hot Yoga Therapy
13.00	YOGA Hot Yoga Therapy
17.00	STREET DANCE HIP HOP Flash Dance Academy
18.00	STREET DANCE HIP HOP Flash Dance Academy
18.40	POLE DANCE Beginners
19.00	STREET DANCE HIP HOP Flash Dance Academy
19.40	POLE DANCE Flexy
20.00	STREET DANCE HIP HOP Flash Dance Academy
20.40	POLE DANCE Intermediate-Advanced
21.00	STREET DANCE HIP HOP Flash Dance Academy