

	LUN
12.45	<b>GYM BOXE</b>
13.00	METODO <b>BODY PUMP</b>
17.00	STREET DANCE HIP HOP Flash Dance Academy
18.00	METODO <b>TONE</b>
18.15	<b>PUGILATO GIOVANILE 8-15</b>
19.00	METODO <b>BODY PUMP</b>
19.20	<b>GYM BOXE</b>
20.10	METODO <b>CORE</b> 30' addominali
20.10	METODO Hot Yoga Therapy

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

	MER
9.00	METODO Hot Yoga Therapy
13.00	METODO <b>BODY PUMP</b>
17.00	STREET DANCE HIP HOP Flash Dance Academy
18.00	METODO <b>TONE</b>
18.15	<b>PUGILATO GIOVANILE 8-15</b>
19.00	METODO <b>BODY PUMP</b>
19.20	<b>GYM BOXE</b>
20.00	METODO <b>POLE DANCE</b> base1
20.10	METODO <b>CORE</b> 30' addominali
20.50	METODO <b>POLE DANCE</b> advanced
21.00	STREET DANCE HIP HOP Flash Dance Academy

	GIO
09.00	METODO <b>TONE</b>
12.45	<b>GYM BOXE</b>
18.10	METODO <b>BODY PUMP</b>
19.00	<b>M.E.T.</b>
19.10	METODO <b>BODY PUMP</b>
20.00	<b>PILATES</b>
20.10	METODO Hot Yoga Therapy

	VEN
13.00	METODO Hot Yoga Therapy
16.45	STREET DANCE HIP HOP Flash Dance Academy
17.10	METODO <b>AERIAL HOOP</b> kids
17.45	STREET DANCE HIP HOP Flash Dance Academy
18.00	METODO <b>AERIAL HOOP</b> base1
18.50	METODO <b>AERIAL HOOP</b> base2
18.45	STREET DANCE HIP HOP Flash Dance Academy
19.45	METODO <b>POLE DANCE</b> base2
19.45	STREET DANCE HIP HOP Flash Dance Academy
20.35	METODO <b>POLE DANCE</b> flexy
20.45	STREET DANCE HIP HOP Flash Dance Academy

