


	LUN
12.45	<b>GYM BOXE</b>
13.00	METODO <b>BODY PUMP</b>
16.45	hip hop Flash Dance Academy
17.45	hip hop Flash Dance Academy
18.10	METODO <b>TONE</b>
19.00	METODO <b>BODY PUMP</b>
19.00	METODO <b>STEP UP</b>
20.00	METODO <b>CORE</b> 30' addominali
20.10	METODO <b>Hot Yoga Therapy</b>

	MAR
09.00	METODO <b>TONE</b>
13.00	METODO <b>Hot Yoga Therapy</b>
16.00	METODO <b>Up Grade Athletic</b>
18.10	METODO <b>BODY PUMP</b>
19.00	<b>M.E.T.</b>
19.10	<b>GYM BOXE</b>
20.00	<b>Pilates</b>
20.50	METODO <b>informa-tissime</b>


	MER
9.00	METODO <b>Hot Yoga Therapy</b>
13.00	METODO <b>BODY PUMP</b>
16.45	street dance Flash Dance Academy
17.45	street dance Flash Dance Academy
18.10	METODO <b>TONE</b>
19.00	METODO <b>BODY PUMP</b>
19.00	METODO <b>NATURAL TRAINING</b>
20.00	METODO <b>CORE</b> 30' addominali


	GIO
09.00	METODO <b>TONE</b>
12.45	<b>GYM BOXE</b>
16.00	METODO <b>Up Grade Athletic</b>
18.10	METODO <b>STEP UP</b>
19.00	<b>M.E.T.</b>
19.10	METODO <b>BODY PUMP</b>
20.00	<b>Pilates</b>
20.10	METODO <b>Hot Yoga Therapy</b>
20.50	METODO <b>informa-tissime</b>


	VEN
13.00	METODO <b>Hot Yoga Therapy</b>
17.00	street dance Flash Dance Academy
17.00	METODO <b>Aerial Hoop kids</b>
18.00	street dance Flash Dance Academy
18.00	METODO <b>Aerial Hoop base1</b>
19.00	METODO <b>Aerial Hoop base2</b>
20.00	METODO <b>Pole Dance base2</b>
21.00	METODO <b>Pole Dance flexy</b>

 ginnastica aerobica

 pugilato

 attività sportiva ginnastica finalizzata alla salute e al fitness

 ginnastica acrobatica

 danza sportiva