

Planning classi

	LUN		MAR		MER		GIO		VEN		SAB	
	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic
7.00 - 7.45			BOOTCAMP			PILATES	INTERVAL					
8.30 - 9.15		PILATES				REFORMER PILATES				POSTURAL		
9.30 - 10.15	TONE UP			GINNASTICA DOLCE	TONE UP							
10.30 - 11.15									GAG		FIT BOXE	REFORMER PILATES
12.45 - 13.30	FIT BOXE	REFORMER PILATES	GAG	PILATES	BOOTCAMP	PILATES	INTERVAL	REFORMER PILATES	TONE UP	PILATES	FIT SURPRISE	PILATES
16.45 - 17.30										REFORMER PILATES		
17.00 - 17.45				REFORMER PILATES	INTERVAL						BOOTCAMP	
18.00 - 18.45	STEP TONE	YOGA	FIT BOXE			POSTURAL		PILATES	BOOTCAMP			
19.00 - 19.45	BOOTCAMP	REFORMER PILATES	INTERVAL	PILATES	FIT BOXE	PILATES	STEP TONE		INTERVAL	PILATES		
20.00 - 20.45	GAG						BOOTCAMP	YOGA				