

ORARIO	LUNEDI'
07.00-08.00	CROSS TRAINING 1
08:30-09:30	POSTURALE
10.00-11.00	KICK BOXING
13:30-14:45	POLE DANCE
14:00-15:00	PILATES
17:00-18:00	KARATE
17:30-18:30	TOTAL BODY
18:00-19:00	KARATE
18:00-19:15	POLE DANCE
18:00-19:00	CROSS TRAINING 1
19:00-20:30	BOXE
19:00-20:00	FUNZIONALE
19:00-20:15	KARATE
19:00-20:45	POLE DANCE
19:30-20:30	CROSS TRAINING 2
20.30-22.00	SALSA
20:30-21:30	KUNG FU
21.30-22.30	BACHATA

ORARIO	MARTEDI'
08:30-09:30	POSTURALE
10.00-11.00	KICK BOXING
17:00-18:00	POSTURALE
18:00-19:00	CROSS TRAINING 1
18:00-19:00	KICK BOXING
18:00-19:00	PILATES
18:00-19:15	POLE DANCE
19:00-20:00	ABS
19:00-20:00	CALISTHENICS
19:30-20.45	POLE DANCE
20:00-21:00	PILATES

ORARIO	MERCOLEDI'
07.00-08.00	CROSS TRAINING 1
08:30-09:30	POSTURALE
10.00-11.00	KICK BOXING
14:00-15:00	PILATES
17:30-18:30	TOTAL BODY
18:00-19:15	POLE DANCE
18:00-19:00	CROSS TRAINING 1
19:00-20:00	FUNZIONALE
19:30-20:45	POLE DANCE
19:00-20:30	BOXE
19:30-20:30	CROSS TRAINING 2
20:30-21:30	SALSA 1 PRINC.
20:30-22:00	KUNG FU
21:30-22:30	SALSA 2

ORARIO	GIOVEDI'
08:30-09:30	POSTURALE
10.00-11.00	KICK BOXING
17:00-18:00	POSTURALE
18:00-19:00	KICK BOXING
18:00-19:00	CROSS TRAINING 1
18:00-19:00	PILATES
19:00-20:00	POLE DANCE
19:00-20:00	ABS
19:00-20:00	CALISTHENICS
20:00-21:00	PILATES

ORARIO	VENERDI'
07.00-08.00	CROSS TRAINING 1
08:30-09:30	POSTURALE
10.00-11.00	KICK BOXING
13:30-14:45	POLE DANCE
14:00-15:00	PILATES
17:00-18:00	KARATE
17:30-18:30	TOTAL BODY
18:00-19:00	KARATE
18:00-19:00	CROSS TRAINING 1
18:00-19:00	KARATE
19:00-20:30	BOXE
19:00-20:15	POLE DANCE
19:00-20:15	KARATE
19.30-20:30	CROSS TRAINING 2
20:30-22:00	KUNG FU

ORARIO	SABATO
11:00-12:00	CROSS TRAINING
11:00-12:15	POLE DANCE
12:00-13:15	CALISTHENICS

