

## Lunedì

**PILATES**  
08:30 - 09:30

**PILATES**  
09:30 - 10:30

**MOBILITY**  
10:30 - 11:30

**FULL BODY**  
17:30 - 18:15

**FIT BOXE**  
18:15 - 19:15

**FULL BODY**  
19:15 - 20:15

## Martedì

**PILATES**  
08:50 - 09:50

**PILATES**  
12:45 - 13:30

**FIT DANCE**  
17:45 - 18:45

**PILATES**  
18:45 - 19:45

**PILATES**  
19:45 - 20:45

## Mercoledì

**FULL BODY**  
09:30 - 10:30

**FIT DANCE**  
10:30 - 11:30

**VITALITY WELLNESS**  
15:30 - 16:30

**PILATES**  
17:45 - 18:45

**FULL BODY**  
18:45 - 19:30

**CROSS TRAINING**  
19:30 - 20:30

## Giovedì

**MOBILITY**  
08:30 - 09:30

**MOBILITY**  
09:30 - 10:30

**PILATES**  
10:30 - 11:30

**CROSS TRAINING**  
18:00 - 19:00

**PILATES**  
19:00 - 20:00

**FIT BOXE**  
20:00 - 21:00

## Venerdì

**PILATES**  
09:30 - 10:30

**PILATES**  
10:30 - 11:30

**FULL BODY**  
14:30 - 15:30

**PILATES**  
17:50 - 18:50

**PILATES**  
18:50 - 19:50

## Sabato

**FULL BODY**  
10:45 - 11:15  
**PILATES**  
11:15 - 11:45

## Domenica