

LUNEDI'			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO		
Sala 1		Sala 2	Sala 1		Sala 2	Sala 1		Sala 2	Sala 1		Sala 2	Sala 1		Sala 2	Sala 1		Sala 2
08:00		08:00		08:00		08:00		08:00		08:00		08:00		08:00		08:00	
09:30		09:30		09:30		09:30		09:30		09:30		09:30		09:30		09:30	
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10:00		10:00	<b>Circuit Training</b>	Carmen	10:00		10:00		10:00		10:00		10:00		10:00		10:00
11:00		11:00			10:30	<b>Postura</b>	Claudio	10:30		10:30	<b>Postura</b>	Claudio	10:30		10:30	<b>Total Body</b>	Andrea
10:30		10:30			11:30			11:30		11:30		11:30		11:30		11:30	
11:00	<b>Pilates</b>	Carmen	11:00		11:00		11:00		11:00		11:00		11:00		11:00		11:00
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18:30		18:30	<b>Step</b>	Andrea	18:30		18:30		18:30		18:30		18:30		18:30		18:30
18:00	<b>Postura</b>	Claudio	18:00		18:00		18:00		18:00		18:00		18:00		18:00		18:00
19:00		19:00			19:00		19:00		19:00	<b>Postura</b>	Claudio	19:00		19:00	<b>Total Body</b>	Andrea	19:00
18:30		18:30			18:30		18:30		18:30		18:30		18:30		18:30		18:30
19:30		19:30	<b>Spinning</b>	Mattia	19:30		19:30		19:30		19:30		19:30		19:30		19:30
19:00	<b>Functional</b>	Carmen	19:00		19:00	<b>Postura</b>	Masaky	19:00		19:00		19:00	<b>Total Body</b>	Andrea	19:00	<b>Brazilian Ju Jitsu</b>	Paolo
20:00		20:00			20:00		20:00		20:00		20:00		20:00		20:00	<b>Cross Training</b>	Andrea
19:30		19:30			19:30		19:30		19:30		19:30		19:30		19:30		19:30
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20:00	<b>Pilates</b>	Carmen	20:00		20:00	<b>Brazilian Ju Jitsu</b>	Paolo	20:00		20:00		20:00		20:00		20:00	
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Ogni sabato corsi diversi informativi in reception