

ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
08.00						
08.30					PANCAFIT 8,45-9,30 45 min.	
09.00		PANCAFIT 9,00-9,45 45 min.				
09.30	PILATES 9,30-10,25 55 min.		PILATES 9,30-10,25 55 min.		BODY PUMP 9,45-10,35 50 min	
10.00		GYMNASTIC 10,00-10,50 50 min.		GYMNASTIC 10,00-10,50 50 min.		
10.30	BODY PUMP 10,30-11,20 50 min		FUNCTIONAL WOMEN 10,30-11,15 45 min			TO BE BOXE 10,30-11,20 50 min
11.00						
11.30			PANCAFIT 11,30-12,15 45 min.			
12.00						
12.30	CROSS TO BE 12,45-13,30 45 min		CROSS TO BE 12,45-13,30 45 min			
13.00		CARDIO MET 13,00-13,55 55 min.		CARDIO MET 13,00-13,55 55 min.	CROSS TO BE 13,00-13,45 45 min	
13.30	FUNCTIONAL & PRIMITIVE 13,30-14,15 45 min		FLYING 13,30-14,15 45 min			
14.00						
14.30						
15.00						
15.30						
16.00						
16.30						
17.00		BODY SHAPE 17,00-17,50 50 min.		BODY SHAPE 17,00-17,50 50 min.		
17.30			FLYING 17,30-18,15 45 min			
18.00		TO BE BOXE 18,00-18,50 50 min			FUNCTIONAL TRAINING 18,00-18,45 45 min	
18.30	POSTURAL PILATES 18,30-19,25 55 min.		POSTURAL PILATES 18,30-19,25 55 min.	ZUMBA 18,30-19,20 50 min		
19.00		PANCAFIT 18,55-19,40 45 min.			PANCAFIT 18,45-19,30 45 min.	
19.30	FUNCTIONAL TRAINING 19,30-20,15 45 min		BODY PUMP 19,30-20,20 50 min	PILATES 19,30-20,25 55 min.	BODY PUMP 19,35-20,25 50 min	
20.00		CROSS TO BE 19,45-20,30 45 min				
20.30	FLYING 20,30-21,15 45 min	ZUMBA 20,30-21,20 50 min	FUNCTIONAL & PRIMITIVE 20,30-21,15 45 min	CROSS TO BE 20,30-21,15 45 min	FLYING 20,30-21,15 45 min	
21.00						
21.30						
22.00						