

| LUNEDÌ                                      | MARTEDÌ                                     | MERCOLEDÌ                                   | GIOVEDÌ                                     | VENERDÌ                                        |
|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|------------------------------------------------|
| YOGA FLOW<br>9:00 - 10:00<br>Sala 2         | STRETCH. MOBILITY<br>9:00 - 10:00<br>Sala 1 | RISVEGLIO MUSCOLARE<br>9:30-10:30<br>Sala 1 | QI GONG<br>9:00 - 10:00<br>Sala 2           | RISVEGLIO MUSCOLARE<br>9:00-10:00<br>Sala 1    |
| QI GONG<br>10:00-11:00<br>Sala 2            | GAG<br>10:00-11:00<br>Sala 1                | PILATES<br>10:30-11:30<br>Sala 1            | YOGA FLOW<br>10:00 - 11:00<br>Sala 2        | PILATES<br>10:00-11:00<br>Sala 1               |
| POSTURALE<br>17:00 - 18:00<br>Sala 1        | FITBALL<br>17:00 - 18:00<br>Sala 1          | STRONG CORE<br>17:00 - 18:00<br>Sala 2      | FUNZIONALE<br>17:30 - 18:30<br>Sala 1       | POSTURALE<br>17:30 - 18:30<br>Sala 1           |
| CIRCUIT TRAINING<br>18:00 - 19:00<br>Sala 1 | PILATES<br>18:00 - 19:00<br>Sala 1          | ABS + GLUTEI<br>18:00 - 19:00<br>Sala 1     | TOTAL BODY<br>18:30 - 19:30<br>Sala 1       | TABATA<br>18:30 - 19:30<br>Sala 1              |
| STRONG C<br>18:00 - 19:00<br>Sala 2         |                                             | FLOW<br>18:00 - 19:00<br>Sala 2             |                                             |                                                |
| FUNZIONALE<br>19:00 - 20:00<br>Sala 1       | TOTAL BODY<br>19:00 - 20:00<br>Sala 1       | PILATES<br>19:00 - 20:00<br>Sala 1          | CIRCUIT TRAINING<br>19:30 - 20:30<br>Sala 1 | STRETCHING MOBILITY<br>19:30 - 20:30<br>Sala 1 |
| FLOW<br>19:00 - 20:00<br>Sala 2             |                                             |                                             |                                             |                                                |