LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
YOGA FLOW **9:00 - 10:00** **Sala 2**	**STRETCHING MOBILITY** **9:00-10:00** **Sala 1**	**FUNZIONALE/FLOW** **9:30-10:30** **Sala 1**	**QI GONG** **09:00 - 10:00** **Sala 2**	**RISVEGLIO MUSCOLARE** **9:00-10:00** **Sala 1**
QI GONG **10:00 - 11:00** **Sala 2**	**GAG** **10:00-11:00** **Sala 1**	**PILATES** **10:30-11:30** **Sala 1**	**YOGA FLOW** **10:00-11:00** **Sala 2**	**PILATES** **10:00-11:00** **Sala 1**
POSTURALE **17:00 - 18:00** **Sala 1**	**FITBALL** **17:00 - 18:00** **Sala 1**	**STRONG CORE** **17:00 - 18:00** **Sala 2**	**FUNZIONALE** **17:30 - 18:30** **Sala 1**	**POSTURALE** **17:30 - 18:30** **Sala 1**
CIRCUIT TRAINING 18.00 - 19:00 **Sala 1** **STRONG C** 18:00 - 19:00 **Sala 2**	**PILATES** **18:00 - 19:00** **Sala 1**	**ABS + GLUTEI** 18:00 - 19:00 **Sala 1** **FLOW** 18:00 - 19:00 **Sala 2**	**TOTAL BODY** **18:30 - 19:30** **Sala 1**	**TABATA** **18:30 - 19:30** **Sala 1**
FUNZIONALE 19:00 - 20:00 **Sala 1** **FLOW** 19.00 - 20.00 **Sala 2**	**TOTAL BODY** **19:00 - 20:00** **Sala 1**	**PILATES** **19:00 - 20:00** **Sala 1**	**POSTURALE** **19:30 - 20:30** **Sala 1**	