

SALA BLU

LUN	Mar	MER	GIO	VEN	SAB	DOM
	10.00/10.45 PILATES		10.00/10.45 PILATES			10.30/11.15 SPINNING
		13.00/13.45 SPINNING	11.00/11.45 SPINNING		15.00/15.30 ADDOMINALI	
	18.30/19.15 PILATES		18.30/19.15 PILATES	18.30/19.15 Aerotone		
19.00/19.45 SPINNING	19.15/20.00 GAG	19.00/19.45 SPINNING	19.15/20.00 ZUMBA	19.45/20.30 SPINNING		
20.00/20.45 AFRO FITNESS	20.15/21.00 SPINNING	20.00/20.45 GAG	20.00/20.45 YOGA DINAMICO			