

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
CALISTHENICS 07.00 - 22.00	CALISTHENICS 07.00 - 22.00	CALISTHENICS 07.00 - 22.00	CALISTHENICS 07.00 - 22.00	CALISTHENICS 07.00 - 22.00	CALISTHENICS 10.00 - 15.00	
ASHTANGA (Michele) 07.15 - 08.15	BOXING (Andrea) 07.15 - 07.45 07.50 - 08.20	VINYASA (Michele) 07.15 - 08.15	BOXING (Andrea) 07.15 - 07.45 07.50 - 08.20			
BOXING (Francesca) 10.30 - 11.00 11.05 - 11.35	HAND STAND (Francesco) 10.30 - 11.30		CALI FOR YOGA (Francesca) 10.30 - 11.30	BOXING (Francesca) 10.30 - 11.00 11.05 - 11.35	BOXING (Tommy) 11.00 - 11.30 11.45 - 12.15	BOXING (Rotazione) 11.00 - 11.30 11.45 - 12.15
VINYASA (Patrizia) 13.15 - 14.15	BOXING (Francesca) 13.10 - 13.40 13.45 - 14.15	ASHTANGA (Maria) 13.15 - 14.15	BOXING (Francesca) 13.10 - 13.40 13.45 - 14.15	VINYASA (Rubina) 13.15 - 14.15	VINYASA (Michele) 11.00 - 12.15	VINYASA (Maria) 11.00 - 12.15
	BOXING (Tommy) 18.30 - 19.00 19.05 - 19.35		BOXING (Tommy) 18.30 - 19.00			
ASHTANGA (Patrizia) 18.45 - 19.45	VINYASA (Michele) 18.45 - 19.45	ASHTANGA (Maria) 18.45 - 19.45	HAND STAND (Francesco) 19.00 - 20.00	ROCKET (Maria) 19.00 - 20.00		
BOXING (Tommy) 19.30 - 20.00 20.05 - 20.35		BOXING (Tommy) 19.30 - 20.00 20.05 - 20.35		BOXING (Tommy) 19.30 - 20.00 20.05 - 20.35		
VINYASA (Maria) 20.00 - 21.00	ASHTANGA (Michele) 20.00 - 21.00	VINYASA (Maria) 20.00 - 21.00	ASHTANGA (Patrizia) 20.00 - 21.00			