

# i-FITNESS

## LUNEDÌ

7:00 /11:00	ONDEMAND
11:00	PUMP 45
11:45	GAG 45
12:30 /13:00	ONDEMAND
13:00	PUMP 45
13:45 /14:30	ONDEMAND
14:30	TOTAL TONE 45
15:15	KOMBAT 45
16:00 /17:30	ONDEMAND
17:30	TOTAL TONE 45
18:15	GAG 45
19:00 /21:45	ONDEMAND

## MARTEDÌ

7:00 /11:00	ONDEMAND
11:00	GAG 45
11:45	PUMP 45
12:30 /13:00	ONDEMAND
13:00	TOTAL TONE 45
13:45 /14:30	ONDEMAND
14:30	GAG 45
15:15	PILATES 45
16:00 /17:30	ONDEMAND
17:30	PILATES 45
18:15 /21:45	ONDEMAND

## MERCOLEDÌ

7:00 /11:00	ONDEMAND
11:00	TOTAL TONE 45
11:45	PILATES 45
12:30 /13:00	ONDEMAND
13:00	KOMBAT 45
13:45 /14:30	ONDEMAND
14:30	PUMP 45
15:15	GAG 45
16:00 /17:30	ONDEMAND
17:30	PUMP 45
18:15 /21:45	ONDEMAND

## GIOVEDÌ

7:00 /11:00	ONDEMAND
11:00	KOMBAT 45
11:45	PUMP 45
12:30 /13:00	ONDEMAND
13:00	AEROBICA 45
13:45 /14:30	ONDEMAND
14:30	PILATES 45
15:15	TOTAL TONE 45
16:00 /17:30	ONDEMAND
17:30	GAG 45
18:15 /21:45	ONDEMAND

## VENERDÌ

7:00 /11:00	ONDEMAND
11:00	GAG 45
11:45	TOTAL TONE 45
12:30 /13:00	ONDEMAND
13:00	PUMP 45
13:45 /14:30	ONDEMAND
14:30	GAG 45
15:15	PUMP 45
16:00 /17:30	ONDEMAND
17:30	KOMBAT 45
18:15	PILATES 45
19:00 /21:45	ONDEMAND

## SABATO

9:00 /10:30	ONDEMAND
10:30	PILATES 45
11:15 /12:00	ONDEMAND
12:00	GAG 45
12:45 /18.45	ONDEMAND

## DOMENICA

9:00 /12:00	ONDEMAND
12:00	TOTAL TONE 45
12:00	ONDEMAND