

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00 / 11:00 ONDEMAND	7:00 / 11:00 ONDEMAND	7:00 / 21:45 ONDEMAND	7:00 / 11:00 ONDEMAND	7:00 / 11:00 ONDEMAND	9:00 / 18:45 ONDEMAND	9:00 / 13:45 ONDEMAND
11:00 PUMP 45'	11:00 PILATES 45'		11:00 KOMBAT 45'	11:00 GAG 45'		
11:45 GAG 45'	11:45 PUMP 45'		11:45 PUMP 45'	11:45 PILATES 45'		
12:30 ONDEMAND	12:30 ONDEMAND		12:30 ONDEMAND	12:30 ONDEMAND		
13:00 PUMP 45'	13:00 KOMBAT 45'		13:00 AEROBICA 45'	13:00 TOTAL TONE 45'		
13:45 / 14:30 ONDEMAND	13:45 / 14:30 ONDEMAND	ONDEMAND	13:45 / 14:30 ONDEMAND	13:45 / 14:30 ONDEMAND		
14:30 TOTAL TONE 45'	14:30 GAG 45'		14:30 PILATES 45'	14:30 GAG 45'		
15:15 KOMBAT 45'	15:15 PILATES 45'		15:15 TOTAL TONE 45'	15:15 PUMP 45'		
16:00 / 17:30 ONDEMAND	16:00 / 17:30 ONDEMAND		16:00 / 17:30 ONDEMAND	16:00 / 17:30 ONDEMAND		
17:30 PUMP 45'	17:30 PILATES 45'		17:30 GAG 45'	17:30 KOMBAT 45'		
18:15 GAG 45'	18:15 / 21:45 ONDEMAND		18:15 PILATES 45'	18:15 / 21:45 ONDEMAND		
19:00 / 21:45 ONDEMAND			19:00 / 21:45 ONDEMAND			

ORARIO STRUTTURA:
Lunedì - Venerdì dalle **7.00** alle **22.00**
Sabato dalle **9.00** alle **19.00**
Domenica dalle **9.00** alle **14.00**