

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:00 10:00		STRETCHING DEI MERIDIANI		STRETCHING DEI MERIDIANI	
10:00 11:00	GOOD MORNING PILATES		GOOD MORNING PILATES		
13:00 13:50	K TRAINING (12:30 - 14:00)		K TRAINING (12:30 - 14:00)		
17:00 18:00	BABY DANCE (17:00 - 18:00)	K TRAINING (17:30 - 18:10)	DISCO DANCE (17:00 - 18:25)	K TRAINING (17:30 - 18:10)	HIP HOP PRINCIPIANTI (17:00 - 18:00)
17:30 18:30		POSTURAL PILATES *		PILATES *	HIP HOP INTERMEDIO (18:00 - 19:00)
18:30 19:30	INDOOR CYCLING	PILATES *	G.A.G.	INDOOR CYCLING	MODERN CHILDREN (19:00 - 20:00)
19:30 20:30	ZUMBA FITNESS e STRONG BY ZUMBA (19:40 - 20:40)	DISCO DANCE HIP HOP (19:30 - 20:30)	INDOOR CYCLING	BOOGIE WOOGIE (20:30 - 21:30)	CLASSICO (20:00 - 21:30)
		K TRAINING (20:00 - 20:40)		K TRAINING (20:00 - 20:40)	MODERN ADULT (21:30 - 22:30)

**POWER**
**Forza e Energia** (K Training, G.A.G.)

**ENJOY**
**Dinamismo e Divertimento allo stato puro**
(Indoor Cycling, Zumba Fitness e Strong by Zumba, Disco Dance, Baby Dance, Hip Hop, Boogie Woogie, Moderno Bambini Show Dance, Moderno Adulti Show Dance)
**BALANCE**
**Riequilibrio Funzionale** (Pilates, Stretching dei Meridiani, Postural Pilates)