

LUNEDI	9.30-10.15 Stretching / Risveglio Muscolare CRY	12.45-13.30 Pilates Matwork CRY	18.00-18.45 Stretching CRY	19.00-19.45 Body Fit CRY	19.45-20,30 Stretching CRY	
MARTEDI	12.45-13.30 Interval Training CRY	18.00-19.00 Hip-Hop CRY	19.00-19.45 Power Step Valeria	19.45-20.30 Pilates Matwork CRY		
MERCOLEDI	09.30-10.15 Total Workout CRY	18.00-19.00 Military Fitness Jacopo	19.00-19.30 Zero % CRY	19.30 – 20.00 Tone up CRY	20.00 – 20.15 Stretching X-Press CRY	
GIOVEDI	12.45-13.30 Strech & Tone CRY	18.00-19.00 Hip-Hop CRY	19.00-19.45 Body Fit Valeria	19.45-20.30 Stretch & Relax CRY		
VENERDI	9.30-10.15 Total Workout CRY	19.00-19.45 Pilates & Yogafit CRY				
SABATO						