

*Orario corsi valido dal 10/03/2011*

<i>Lunedì</i>	<i>Martedì</i>	<i>Mercoledì</i>	<i>Giovedì</i>	<i>Venerdì</i>	<i>Sabato</i>
9.00 APERTURA	9.00 APERTURA	9.00 APERTURA	9.00 APERTURA	9.00 APERTURA	
9.30-10.30 Antalgica		9.30-10.30 Antalgica		9.30-10.30 Antalgica	10.00 Apertura
10.30-11.30 Total body	11.00-12.00 Body sculpt	10.30-11.30 Tone up	11.00-12.00 Body sculpt	10.30-11.30 Interval training	
		12.00-13.00 Sog close combat			
13.15-14.15 Total body	13.15-14.15 Step	13.15-14.15 Gag	13.15-14.15 Aerodance	13.15-14.15 Interval training	
14.45-15.45 Total body		14.45-15.45 Tone up		14.45-15.45 Interval training	
		16.45-17.45 Karate		16.45-17.45 Karate	15.00 Chiusura
18.00-19.00 Body sculpt	18.00-19.00 Circuit T. Aerobico	18.00-19.00 Gag	18.00-19.00 Step/ Body sculpt	18.00-19.00 Total body	
19.00-20.00 Fit boxe	19.00-20.00 Body e Soul	19.00-20.00 Boot camp fit bag	19.00-20.00 Body e Soul	19.00-20.00 Fit boxe	
	20.15-21.15 Boxe	20.00-21.30 Sog Close Combat	20.15-21.15 Boxe		
22.00 CHIUSURA	22.00 CHIUSURA	22.00 CHIUSURA	22.00 CHIUSURA	22.00 CHIUSURA	

