

LUNEDÌ			MARTEDI			MERCOLEDÌ			GIOVEDÌ			VENERDÌ			SABATO		
SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3
KEEPFit		09:30 – 10:20 PAOLO PILATES 1	KEEPFit			KEEPFit			KEEPFit		09:30 – 10:20 PAOLO PILATES 1	KEEPFit			KEEPFit		
					CARLO 10:30 - 11:20 Tonificazione						10:30-11:20 MATTIA Strong			10:00 – 11:00 Flexy Pole Multilevels			10:30 - 11:20 ELISA Thai boxe.fit
	11:00 – 12:30 Pole Dance Multilevels				NEW 12:45 - 13:35 ELISA Tonificazione		11:00 – 12:30 Pole Dance Multilevels			NEW			11:00 – 12:30 Pole Dance Multilevels				
13.00-13.45 FUNZIONALE	KEEPFit		KEEPFit		COMING SOON	13.00-13.45 FUNZIONALE	KEEPFit		KEEPFit		12:45 - 13:35 ELISA ThaiBoxe.Fit		KEEPFit		KEEPFit		KEEPFit
		15:00 – 15:50 PAOLO PILATES 2						15:00 – 15:50 PAOLO PILATES 2									13:00-14:00 Pole Flow Intermedio
	16,30-18,00 Pole Dance Multilevels	COMING SOON				COMING SOON	16:30-18:00 Pole Dance Multilevels					NEW 17.30-18.45 FUNZIONALE					14:00-15:30 Pole Dance Multilevels
COMING SOON 18.00-18.45 FUNZIONALE	18,00-19,00 Exotic Pole Interm./Avanz.	18:30 - 19:20 Tonificazione	18:00-18:50 CARLO Cross Cardio	1800-19:00 Pole Dance Contemporanea	18:00-18:50 PAOLO PILAES 1	COMING SOON 17.30-18.15 FUNZIONALE	18:00-19:00 Flexy Pole Multilevels	KEEPFit	18:00-18:50 CARLO Cross Cardio	1800-19:00 POLE Combo Tricks Intermedio	18:00-18:50 PAOLO PILAES 1	COMING SOON	18:00-19:00 Pole Dance Contemporanea				CARLO 18:30 - 19:20 PUMP
NEW 18.45-19.30 FUNZIONALE	19:00-20:30 Pole Dance Interm./Avanz.	NEW	19:00-19:50 PAOLO PILATES 3	19:00-20:30 Flexy Pole Multilevels	19:00-19:50 CARLO Thai Boxe.fit	NEW 18.15-19.00 FUNZIONALE	19:00-20:30 Pole Dance Interm./Avanz.		19:00-19:50 PAOLO PILATES 3	19:00-20:30 Pole Dance Interm./Avanz.	19:00-19:50 CARLO Thai Boxe.fit		19:00-20:30 Pole Dance Multilevels				NEW
COMING SOON	20:30-22:00 Pole Dance Base/Interm.			20:00-21:30 Pole Dance Multilevels		COMING SOON	20:30-22:00 Pole Dance Base/Interm.			20:00-21:00 Exotic Pole Base/Interm.							
										21:00-22:30 Pole Dance Multilevels							
SPINNING®			SPINNING®			SPINNING®			SPINNING®			SPINNING®			SPINNING®		
	KEEPFit			19:30 - 20:30 Spinning Car Fascia 3,90	COMING SOON		KEEPFit			19:30 – 20:30 Spinning Car Fascia 3,90	COMING SOON		KEEPFit			KEEPFit	