Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
	Online Pilates 09:10 - Trainer: \			
Soft Gym 09:30 - S Trainer		Pilates 09:30 - S Trainer: \		
	Gag 10:00 - S Trainer		Total Body 10:00 - S Trainer	Online Pilates 10:00 - Trainer: \
Pilates 10:30 - S Trainer		Posturale 10:30 - S Trainer: \		Pilates 10:30 - S Trainer: \

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Gag 12:50 - S Trainer	Tone Up 12:50 - S Trainer	Total Body 12:50 - S Trainer	Total Body Workout 12:50 - S Trainer:	Step & Tone - (Recomme... 12:50 - S Trainer:
	Online Definition 13:00 - Trainer:		Online Postural 13:00 - Trainer:	
Total Body 13:40 - S Trainer	Pilates 13:40 - S Trainer	Circuit Tone 13:40 - S Trainer	Abs'n'stretch 13:40 - S Trainer:	Pilates 13:40 - S Trainer:
Circuit Tone 17:20 - S Trainer:	First Total Body 17:20 - S Trainer:	Braga'cross-Functional 17:20 - S Trainer:	Circuit Tone 17:20 - S Trainer:	

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Online Total Body Revo... 18:00 - Trainer:		Online First Step 18:00 - Trainer: F	Online Top Circuit 18:00 - Trainer:	
Body Balance 18:10 - S Trainer: (	Total Body R-Evolution 18:10 - S Trainer:	Step 18:10 - S Trainer:	Pilates 18:10 - S Trainer:	Circuit Tone 18:10 - S Trainer

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Extra Gag 19:00 - S Trainer:	Thai Boxe Training 19:00 - Zo Trainer	Pilates 19:00 - S Trainer	Total Body 19:00 - S Trainer:	Thai Boxe Training 19:00 - Zo Trainer
Online Step Panthers 19:00 - Trainer:	Karma Yoga 19:00 - S Trainer:	Online Step & Tono Rev... 19:00 - Trainer: F	Functional Kettlebell 19:00 - Zo Trainer:	Gag 19:00 - S Trainer
Functional Kettlebell 19:00 - Zo Trainer:				
Circuit Tone 20:00 - S Trainer:	Gag 20:00 - S Trainer	Abdominal Gluteo Kille... 20:00 - S Trainer:	G.a.g. 20:00 - S Trainer	Pilates 20:00 - S Trainer:

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Functional 20:50 - Zo Trainer:	Pilates 20:50 - S Trainer	Functional 20:50 - Zo Trainer:	Pilates 20:50 - S Trainer	