# SALA CORSI 1

| | 09:30 | 10:30 | 11:30 | 12:30 | 12:30 | 13:30 | 14:30 | 15:30 | 16:30 | 17:30 | 18:30 | 19:00 | 19:30 | 20:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUN | | | | CORPO RAMSES | | | | | | | ZUMBA RAMSES | | SPINNING LUISA | BALLO LATINO |
| MAR | | | | | | | | | | | | CORPO LIBERO | | |
| MER | | | | | | | | | | | | | SPINNING LUISA | |
| GIO | | PRE PARTO | | | | | | | | | | CORPO LIBERO | | |
| VEN | | | | CORPO RAMSES | | | | | | | ZUMBA RAMSES | | SPINNING LUISA | |
| SAB | | | | | FANCIULLE | FANCIULLE | | | | | | | | |
| DOM | | SPINNING LUISA | | | | | | | | | | | | |

# SALA CORSI 2

| | 09:45 | 10:45 | 11:45 | 12:45 | 13:45 | 14:45 | 15:45 | 16:30 | 17:30 | 18:00 | 18:15 | 18:45 | 19:30 | 20:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LUN | | | | | | | | | DANZA | | PILATES | | | |
| MAR | | YOGA | | | | | | | | YOGA | YOGA | | | |
| MER | | | | | | | | | | | | PILATES | | |
| GIO | | YOGA | | | | | | | | YOGA | YOGA | YOGA BUDO | | |
| VEN | | | | | | | | | | | | | | |
| SAB | | | | | | | | | | | | | | |
| DOM | | | | | | | | | | | | | | |