

the bridge		PLANNING FITNESS								the bridge	
LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
08:45 PILATES CHIARA		08:45 POSTURALE CHIARA		08:45 BOXE LORENZO	FIT	08:45 POSTURALE CHIARA		08:45 PILATES CHIARA			
										09:30 POSTURALE MEZIERES FAUSTO	09:30 TOTAL BODY A ROTAZIONE
09:45 TOTAL BODY SOFT CHIARA	09:45 FIT TRAINING DANILA	09:45 TOTAL BODY LORENZO		09:45 YIN YOGA VALENTINA		9:45 ZUMBA FRANCESCA	09:45 TOTAL BODY LORENZO	9:45 TOTAL BODY SOFT MATTEO	09:45 FIT TRAINING DANILA		
		10:45 POSTURALE CHIARA		10:45 DANCE FIT GIULIA		10:45 POSTURALE CHIARA				10:30 POSTURALE MEZIERES FAUSTO	
		13:30 YOGA VALENTINA				13:30 YOGA VALENTINA					
14:20 PILATES CHIARA				14:20 ZUMBA TONING FRANCESCA				14:20 PILATES CHIARA		11:45 ZUMBA FRANCESCA	
18:00 DANCE FIT GIULIA	18:00 T.R.X MATTEO	18:15 POSTURALE LORENZO R.	18:00 TOTAL BODY MARTINA			18:15 POSTURALE LORENZO R.	18:00 TOTAL BODY MARTINA	18:00 DANCE FIT GIULIA	18:00 T.R.X MATTEO		
				18:30 POSTURALE MEZIERES FAUSTO						DOMENICA	
19:00 PILATES FAUSTO	19:00 T.R.X. MATTEO	19:10 F.B.W. MATTEO			19:00 T.R.X. MATTEO	19:10 F.B.W. MATTEO		19:00 PILATES FAUSTO		10:15 A ROTAZIONE	
			19:15 BODY CONDITIONING FAUSTO				19:15 BODY CONDITIONING FAUSTO				
				19:30 PILATES FAUSTO							
20:00 FUNCTIONAL EXPLOSION FAUSTO					20:00 CALISTHENICS MATTEO			20:00 FUNCTIONAL EXPLOSION FAUSTO			
		20:15 BOXING WORKOUT MATTEO				20:15 BOXING WORKOUT MATTEO					

*corso extra	*20:30 SALSA PRINC *21:30 BACHATA PRINC		*21:15 SALSA	
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