

# ORARI LUGLIO

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENEDI'	SABATO
	9,30-10,30 Gigliola Total Body <b>sala C</b>	9,30-10,30 Luisa Ginn. Posturale <b>sala C</b>	9,30-10,30 Gigliola Total Body <b>sala C</b>		
	10.30- 11.30 Gigliola Yogalates <b>sala C</b>	10,30-11,30 Luisa Ginn. Generale <b>sala C</b>	10.30- 11.30 Gigliola Yogalates <b>sala C</b>		
13,30-14,30 Alessandra Body Pump <b>sala C</b>	13,30-14, 30 Morena TRaX <b>sala C</b>	13,30-14,30 Alessandra Body Pump <b>sala C</b>	13,30-14,30. Morena TRaX <b>sala C</b>	13,30-14,30 Alessandra Cardio G,A,G. <b>sala C</b>	13,30-15,00 Boxe <b>sala A</b>
	13,30-15,00 Boxe <b>sala A</b>		13,30-15,00 Boxe <b>sala A</b>		
18.00-18.50 Alessandra Total Body <b>sala C</b>	17,00-17,50. Luisa Ginn. Posturale <b>sala C</b>	18.00-18.50 Morena Seven <b>sala C</b>	17,00-17,50. Luisa Ginn. Posturale <b>sala C</b>	18.00-18.50 Morena G.A.G. <b>sala C</b>	
18,50-19,40 Alessandra Body Pump <b>sala C</b>	17,50-18,40. Luisa Ginn. Generale <b>sala C</b>	18,50-19,40. Morena Total Body <b>sala C</b>	17,50-18,40. Luisa Ginn. Generale <b>sala C</b>	18,50-19,40. Morena Body Pump <b>sala C</b>	
19,30-20,30. Aldo Shaping <b>sala B</b>	18,40-19,40 Francesco Interval Training <b>sala C</b>	19,30-20,30. Aldo Body Pump <b>sala B</b>	18,40-19,40 Francesco Legs & Booty <b>sala C</b>	19,30-20,30. Aldo Muscle Definit. <b>sala B</b>	
	19.40-21.00 Karate <b>sala C</b>		19.40-21.00 Karate <b>sala C</b>		
19,30-21,15 Kick B, <b>sala C</b>	19,00-20,30 Boxe <b>sala A</b>	19,30-21,15 Kick B, <b>sala C</b>	19,00-20,30 Boxe <b>sala A</b>	19,30-21,15 Kick B, <b>sala C</b>	