

		VENERDI 1			SABATO 2			DOMENICA 3		
SALA MIAMI E PISCINA	AREA POWER 8.30/19.30	09:15	OPEN GYM	Claudia	09:30	OPEN GYM	Ludovica	10:15	OPEN GYM	Ludovica
		10:00	••	A	10:30	••	A	11:30	••	A
		10:30	TOTAL BODY	Alessandro	10:30	TOTAL BODY	Ludovica	11:30	TOTAL BODY	Ludovica
		11:30	•••	Miami	11:30	•••	Miami	12:30	•••	Miami
		11:30	STRETCH&TONE	Alessandro	11:30	STRETCH&TONE	Ludovica	12:30	STRETCH&TONE	Ludovica
12:30	••	Miami	12:30	••	Miami	12:45	••	Miami		
12:30	TRADITIONAL	Claudia	12:45	TRADITIONAL	Ludovica	13:30	TRADITIONAL	Ludovica		
13:15	••	A	13:30	••	A					
Intensità dell'attività: • BASSA - •• MEDIA - ••• ALTA										