

	Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato	
	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
<b>Mattina</b>												
	11:30 Pilates Aereo (50')			11:00 Spirale e cubo aereo (60')	11:30 Bungee Fitness (60')		11:00 Bodyweight (45')				10:15 Bungee Fitness (60')	
				12:00 Bioenergetica (60')			12:00 Danza Aerea (60')				11:30 Aerea Baby (45')	
	13:05 Bungee Fitness (50')		13:00 Danza Aerea (60')		13:05 Hatha Yoga Flow (50')	13:05 Ginnastica Posturale (50')		13:05 Spirale e Cubo aereo (50')	13:05 Fly Yoga (50')	13:05 Power Stretch (50')		12:30 Fitness Aereo (50')
<b>Pomeriggio</b>			PRIVATE AEREA + OPEN				PRIVATE AEREA + OPEN					
			16:30 Gioco Aereo (45')		15:45 Bungee Fitness (60')							
	17:15 Bungee Dance (60')		17:15 Aerea Baby (45')		17:00 Mum&Baby (60')		17:00 Aerea Junior (60')		17:30 Pilates Aereo (50')			
<b>Sera</b>	18:30 Bungee Fitness (60')		18:00 Aerea Junior (60')		18:20 Bungee Fitness (60')	18:00 AcroFloorwork (60')	18:30 Aerea Senior 1 (60')		18:30 Bungee Fitness (60')			
	19:30 Ginnastica Posturale (50')	19:30 Pole Dance Base (60') Hermes	19:00 Aerea Senior 1 (60')	18:45 Pole Dance (60') Filly	19:30 Pilates Aereo (50')	19:00 Power Stretch (50')		18:45 Pole Dance (60') Filly	19:30 Danza Aerea (60')			
		20:30 Pole dance intermedio (60') Hermes	20:00 Aerea Adulti (60')	20:00 Yoga (120')		20:00 Allenamento Funzionale (60')	19:40 Bodyweight (45')	20:00 Yoga (120')				
	22:00 Danza Aerea (60')		21:00 Aerea Senior 2 (60')				20:30 Aerea Senior 2 (60')					

Feste di Compleanno/  
Workshop

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