

VERTICAL ACADEMY

WE_BEAT

CORNEDO

SALA

CALISTHENICS

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SALA 1G

SALA 2P

SALA 1G

SALA 2P

SALA 1G

SALA 2P

SALA 1G

SALA 2P

SALA 1G

SALA 2P

LUNEDÌ

MERCOLEDÌ

		7:00 FUNCTIONAL TRAINING Davida						7:00 FUNCTIONAL TRAINING Davida				
9:00 GYM MUSIC Susi		8:30 CARDIO TONO Marta		9:00 GYM MUSIC Susi	9:05 PURE PILATES Marta	8:30 CARDIO TONO Marta		9:00 PURE PILATES Marta				
10:00 POSTURAL PILATES Giulia				10:05 PURE PILATES Marta								
12:45 FUNCTIONAL TRAINING Davida	12:45 SLOW FIT Roberta	12:45 CARDIO TONO Marta		12:45 FUNCTIONAL JUMP Davida		12:45 CARDIO TONO Marta						
		16:30 POSTURAL PILATES Marta	16:30 FIT&MEET 4MUMS Roberta			16:30 POSTURAL PILATES Marta	16:30 FIT&MEET 4MUMS Roberta					
						17:30 BAILA GOLD Susi						
18:10 CIRCUIT TRAINING Giulia	18:30 FIT BOXE Ilaria	18:30 TABATA Susi	18:30 CIRCUIT TRAINING Giulia	18:10 CIRCUIT TRAINING Giulia	18:30 FIT BOXE Roberta	18:30 BAILA STEP Susi	18:30 CIRCUIT TRAINING Giulia	18:15 POWER PILATES Silvia	18:30 FIT4FUN Roberta	18:00 CALISTHENICS Michele	18:00 CALISTHENICS Michele	
19:00 REGGAETON Giada	19:30 POWER PILATES Davida		19:30 KARATE Antonio	19:00 STRONG NATION Silvia	19:30 HEELS Alessandra	19:30 SLOW FIT Roberta	19:30 KARATE Antonio			19:00 CALISTHENICS Michele	19:00 CALISTHENICS Michele	
20:00 BAILA FIT Susi				20:00 POWER PILATES Silvia			20:30 SALSA BASE Giuseppe					
							21:30 BACHATA DOMINICANA BASE Giuseppe					