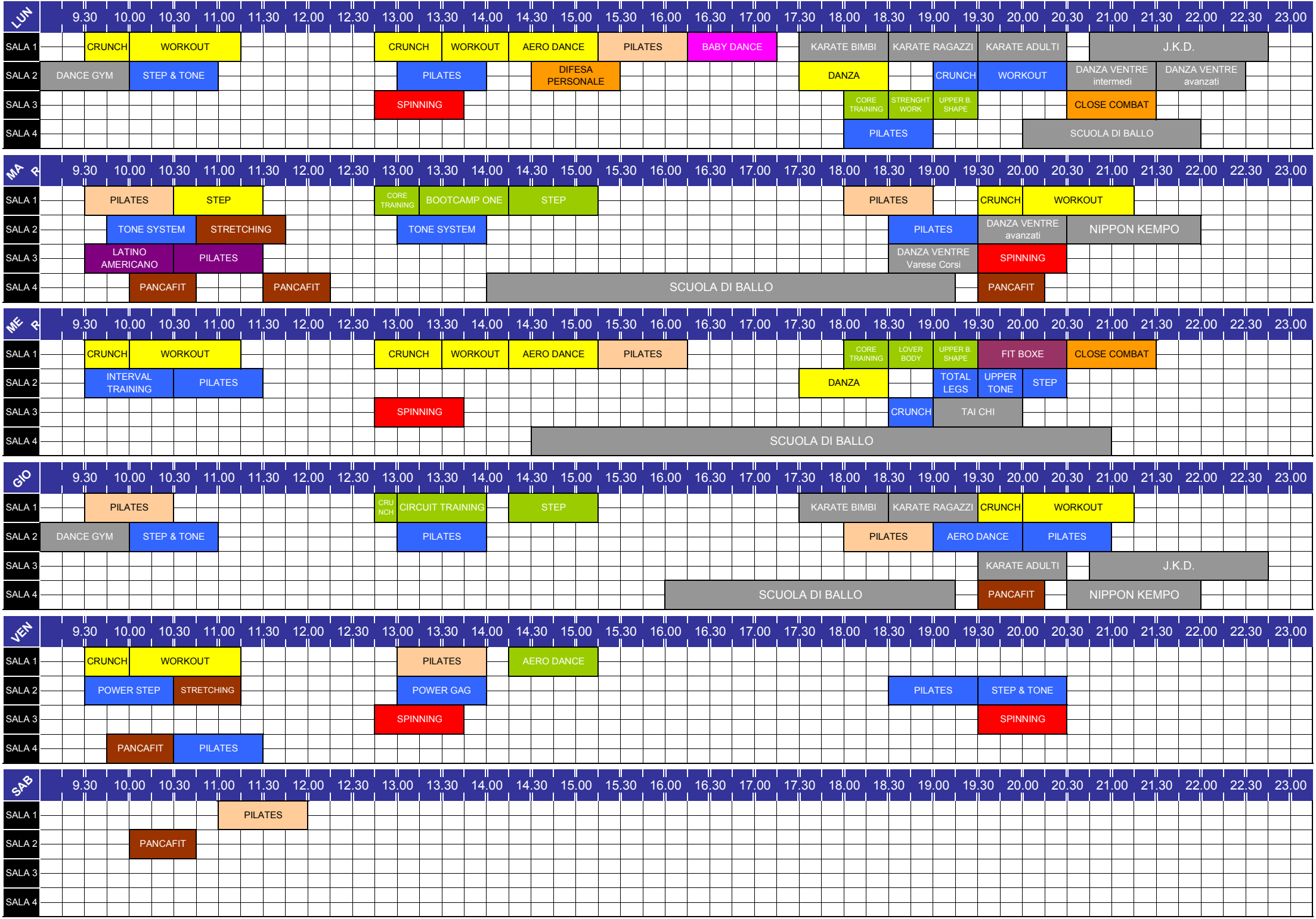
LUN
9.30 10.00 10.30 11.00 11.30 12.00 12.30 13.00 13.30 14.00 14.30 15.00 15.30 16.00 16.30 17.00 17.30 18.00 18.30 19.00 19.30 20.00 20.30 21.00 21.30 22.00 22.30 23.00
SALA 1
CRUNCH
WORKOUT
CRUNCH
WORKOUT
AERO DANCE
PILATES
BABY DANCE
KARATE BIMBI
KARATE RAGAZZI
KARATE ADULTI
J.K.D.
SALA 2
DANCE GYM
STEP & TONE
PILATES
DIFESA PERSONALE
DANZA
CRUNCH
WORKOUT
DANZA VENTRE intermedi
DANZA VENTRE avanzati
SALA 3
SPINNING
CORE TRAINING
STRENGHT WORK
UPPER B. SHAPE
CLOSE COMBAT
SALA 4
PILATES
SCUOLA DI BALLO
MA R
9.30 10.00 10.30 11.00 11.30 12.00 12.30 13.00 13.30 14.00 14.30 15.00 15.30 16.00 16.30 17.00 17.30 18.00 18.30 19.00 19.30 20.00 20.30 21.00 21.30 22.00 22.30 23.00
SALA 1
PILATES
STEP
CORE TRAINING
BOOTCAMP ONE
STEP
PILATES
CRUNCH
WORKOUT
SALA 2
TONE SYSTEM
STRETCHING
TONE SYSTEM
PILATES
DANZA VENTRE avanzati
NIPPON KEMPO
SALA 3
LATINO AMERICANO
PILATES
DANZA VENTRE Varese Corsi
SPINNING
SALA 4
PANCAFIT
PANCAFIT
SCUOLA DI BALLO
PANCAFIT
ME R
9.30 10.00 10.30 11.00 11.30 12.00 12.30 13.00 13.30 14.00 14.30 15.00 15.30 16.00 16.30 17.00 17.30 18.00 18.30 19.00 19.30 20.00 20.30 21.00 21.30 22.00 22.30 23.00
SALA 1
CRUNCH
WORKOUT
CRUNCH
WORKOUT
AERO DANCE
PILATES
CORE TRAINING
LOVER BODY
UPPER B. SHAPE
FIT BOXE
CLOSE COMBAT
SALA 2
INTERVAL TRAINING
PILATES
DANZA
TOTAL LEGS
UPPER TONE
STEP
SALA 3
SPINNING
CRUNCH
TAI CHI
SALA 4
SCUOLA DI BALLO
GIO
9.30 10.00 10.30 11.00 11.30 12.00 12.30 13.00 13.30 14.00 14.30 15.00 15.30 16.00 16.30 17.00 17.30 18.00 18.30 19.00 19.30 20.00 20.30 21.00 21.30 22.00 22.30 23.00
SALA 1
PILATES
CRU NCH
CIRCUIT TRAINING
STEP
KARATE BIMBI
KARATE RAGAZZI
CRUNCH
WORKOUT
SALA 2
DANCE GYM
STEP & TONE
PILATES
PILATES
AERO DANCE
PILATES
SALA 3
KARATE ADULTI
J.K.D.
SALA 4
SCUOLA DI BALLO
PANCAFIT
NIPPON KEMPO
VEN
9.30 10.00 10.30 11.00 11.30 12.00 12.30 13.00 13.30 14.00 14.30 15.00 15.30 16.00 16.30 17.00 17.30 18.00 18.30 19.00 19.30 20.00 20.30 21.00 21.30 22.00 22.30 23.00
SALA 1
CRUNCH
WORKOUT
PILATES
AERO DANCE
SALA 2
POWER STEP
STRETCHING
POWER GAG
PILATES
STEP & TONE
SALA 3
SPINNING
SPINNING
SALA 4
PANCAFIT
PILATES
SAB
9.30 10.00 10.30 11.00 11.30 12.00 12.30 13.00 13.30 14.00 14.30 15.00 15.30 16.00 16.30 17.00 17.30 18.00 18.30 19.00 19.30 20.00 20.30 21.00 21.30 22.00 22.30 23.00
SALA 1
PILATES
SALA 2
PANCAFIT
SALA 3
SALA 4