

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
7:30-8:00		<i>Stretching&Mobility</i>		<i>Stretching&Mobility</i>	
11:30-12:00	<i>Matwork avanzato</i>	<i>Matwork base</i>	<i>Matwork avanzato</i>	<i>Matwork base</i>	<i>Matwork avanzato</i>
12:30-13		<i>Advance Training</i>	<i>Basic Training</i>	<i>Advance Training</i>	<i>Basic Training</i>
18:30-19:00	<i>Advance Training</i>	<i>Basic Training</i>	<i>Advance Training</i>	<i>Basic Training</i>	<i>Advance Training</i>
19:10-19:40	<i>Stretching&Mobility</i>		<i>Stretching&Mobility</i>		
19:40-20:10		Zumba		Zumba	