

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7.30	MILITARY FITNESS		MILITARY FITNESS			
8.00		MILITARY FITNESS		MILITARY FITNESS	MILITARY FITNESS	
10.30				POSTURAL		
11						MILITARY FITNESS
12.15					MILITARY FITNESS	FITNESS SELF DEFENCE
12.30						
13	MILITAR FITNESS	MILITARY FITNESS	MILITARY FITNESS	MILITARY FITNESS		
13.30						
15						
16.30		FLEXIBLE				
17	MILITARY FITNESS	FITNESS JUNIOR				
18			POSTURAL			
18.30		ACRO-FLEXIBILITY	FITNESS SELF DEFENCE	MILITARY FITNESS		
19	STRONG BY ZUMBA	MILITARY FITNESS		STRONG BY ZUMBA		
19.45	ZUMBA			ZUMBA		
20.15						