

**LUNEDÌ****MARTEDÌ****MERCOLEDÌ****GIOVEDÌ****VENERDÌ****SABATO****A.GYM INTENSA**  
09:15**WALKING CIRCUIT**  
10:00**A.GYM INTENSA**  
12:00**A.GYM TOTAL BODY**  
12:45**A.GYM INTENSA**  
18:45**A.GYM INTENSA**  
19:30**WALKING**  
19:30**CIRCUIT TRAINING**  
**A. BASSA**  
20:15**A.GYM SOFT**  
09:00**A.GYM TOTAL BODY**  
18:45**WALKING CIRCUIT**  
19:30**WALKING CIRCUIT**  
20:15**A.GYM INTENSA**  
09:15**WALKING**  
10:00**A.GYM INTENSA**  
12:00**A.GYM TOTAL BODY**  
12:45**A.GYM HARD**  
18:45**A.GAG BASSA**  
18:45**A.GYM HARD**  
19:30**WALKING**  
19:30**WALKING CIRCUIT**  
20:15**A.GYM SOFT**  
09:00**A. GYM TOTAL BODY**  
11:30**A. GAG BASSA**  
19:30**CIRCUIT TRAINING**  
**A. BASSA**  
20:15