

		MATTINO				POMERIGGIO				
		06:30	07:30	08:00	09:00	10:00	17:45	18:45	18:30	19:45
LUN	1.08						Dynamic Stretch	Cardio Tone		Group Cycling
MAR	2.08						Yoga	Functional MM	Run	Group Cycling
MER	3.08		Run	Group Cycling	Fit Mobility	Functional MM	Pilates	Athletic Training	Run	Group Cycling
GIO	4.08						Hatha Yoga	Cardio Tone		
VEN	5.08		Run	Cyclex	Dynamic Yoga	Cardio Tone	Pilates	Functional Training	Run	Group Cycling
SAB	6.08	Yoga Villa Mussolini					Fit Mobility	Functional MM		
LUN	8.08	Yoga	Run	Group Cycling	Pilates	Functional Training	Dynamic Stretch	Cardio Tone		Group Cycling
MAR	9.08						Yoga	Functional Training	Run	Group Cycling
MER	10.08		Run	Group Cycling	Fit Mobility	Functional MM	Pilates	Athletic Training		
GIO	11.08						Hatha Yoga	Cardio Tone	Run	Group Cycling
VEN	12.08		Run	Cyclex	Dynamic Yoga	Cardio Tone	Pilates	Functional MM		
SAB	13.08	Yoga Villa Mussolini					Dynamic Stretch	Cardio Tone	Run	Group Cycling
MAR	16.08						Yoga	Cardio Tone	Run	Group Cycling
MER	17.08		Run	Group Cycling	Pilates	Cardio Tone	Pilates	Athletic Training	Run	Group Cycling
GIO	18.08						Hatha Yoga	Cardio Tone		
VEN	19.08		Run	Group Cycling	Dynamic Yoga	Functional Training	Pilates	Functional Training	Run	Group Cycling
SAB	20.08	Yoga Villa Mussolini					Dynamic Stretch	Cardio Tone		
LUN	22.08	Yoga	Run	Group Cycling	Dynamic Stretch	Cardio Tone	Fit Mobility	Functional MM		
MAR	23.08						Yoga	Cardio Tone	Run	Group Cycling
MER	24.08		Run	Group Cycling	Fit Mobility	Functional MM				

