

	<b>LUNEDI</b>	<b>MARTEDI</b>	<b>MERCOLEDI</b>	<b>GIOVEDI</b>	<b>VENERDI</b>	<b>SABATO</b>
<b>ORE 07.00</b>	CROSS TRAINER	CROSS TRAINER		CROSS TRAINER	CROSS TRAINER	
<b>ORE 08.00</b>		CROSS TRAINER			CROSS TRAINER	
<b>ORE 09.00</b>		GINNASTICA DOLCE		CROSS TRAINER		CROSS TRAINER
<b>ORE 10.00</b>		GINNASTICA DOLCE				
<b>ORE 11.00</b>						
<b>ORE 12.30</b>	CROSS TRAINER	CROSS TRAINER		CROSS TRAINER		
<b>ORE 13.00</b>						
<b>ORE 14.00</b>						
<b>ORE 15.00</b>	CROSS TRAINER	CROSS TRAINER	<b>15.30</b> CROSS TRAINER		GINNASTICA POSTURALE	
<b>ORE 16.00</b>			<b>16.30</b> CROSS TRAINER			
<b>ORE 17.00</b>						
<b>ORE 18.00</b>						
<b>ORE 19.30</b>	CROSS TRAINER			CROSS TRAINER		
<b>ORE 20.30</b>	GINNASTICA POSTURALE	GINNASTICA POSTURALE		CROSS TRAINER		

<b>ORE 21.00</b>			PILATES			
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