

**Lundi , 31.10**

**09:30 - 10:25**

*Pilates*  
Giobana

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:00**

*P.I.I.T*  
Dominic

**19:15 - 20:10**

*Dance Aerobic / Dance*  
*Mix*  
Team

**Mardi , 01.11**

**Mercredi , 02.11**

**09:30 - 10:25**

*Over 50*  
Camila

**17:45 - 18:40**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Vittoria

**Jeudi , 03.11**

**09:30 - 10:25**

*Pump*  
Vittoria

**18:00 - 18:55**

*Yoga*  
Giobana

**19:15 - 20:10**

*Cycling*  
Remo

**Vendredi , 04.11**

**09:30 - 10:25**

*BBP (Bauch, Beine, Po) /*  
*Bodytone*  
Camila

**18:00 - 18:55**

*Functional Workout*  
Dominic

**Samedi , 05.11**

**Dimanche , 06.11**