

| LUNEDÌ                         | MARTEDÌ                    | MERCOLEDÌ                      | GIOVEDÌ                    | VENERDÌ                       | SABATO                                                                                                                                                                                                                                                                                                       |
|--------------------------------|----------------------------|--------------------------------|----------------------------|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:30<br>Pilates                | 9:30<br>Yoga               | 9:30<br>Pilates                | 9:30<br>Yoga               | 9:30<br>Pilates               |                                                                                                                                                                                                                                                                                                              |
| 11:00<br>Pilates in gravidanza | 10:30<br>Danza classica    | 11:00<br>Pilates in gravidanza | 10:30<br>Danza classica    | 10:30<br>F.F. Pilates         |                                                                                                                                                                                                                                                                                                              |
| 13:00<br>Funzionale            | 11:30<br>Pilates fusion    | 13:00<br>Funzionale            | 11:30<br>Pilates fusion    | 13:00<br>Funzionale           | I corsi e gli istruttori<br>potranno subire<br>variazioni per motivi<br>logistici o di disponibilità                                                                                                                                                                                                         |
| 13:05<br>Pilates               | 13:05<br>RowFit            | 13:05<br>Pilates               | 13:05<br>RowFit            | 13:05<br>Pilates fusion       |                                                                                                                                                                                                                                                                                                              |
| 13:15<br>Spinning              | 13:15<br>Spinning          | 13:15<br>Spinning              | 13:15<br>Spinning          | 13:15<br>Spinning             |                                                                                                                                                                                                                                                                                                              |
| 17:30<br>Total body            | 17:30<br>Isometric Pilates | 17:30<br>Total body            | 17:30<br>Isometric Pilates | 17:30<br>Total body           |                                                                                                                                                                                                                                                                                                              |
| 18:15<br>CrossTraining         | 18:30<br>Spinning          | 18:15<br>HIIT                  | 18:30<br>Spinning          | 18:15<br>Functional freestyle | <div>ORARIO<br/>Atlantic Wellfit</div> <div>LUNEDÌ - MERCOLEDÌ -<br/>VENERDÌ</div> <div>07:00 - 22:30</div> <div>MARTEDÌ - GIOVEDÌ</div> <div>07:00 - 23:30</div> <div>SABATO</div> <div>08:30 - 20:00</div> <div>DOMENICA</div> <div>09:00 - 13:00</div> <div>Tel: 050 7846775<br/>Cell: 392 008 0409</div> |
| 18:30<br>Spinning              | 18:30<br>RowFit            | 18:30<br>Pilates               | 18:30<br>Reggaeton Fitness | 18:30<br>Spinning             |                                                                                                                                                                                                                                                                                                              |
| 19:00<br>Calisthenics          | 18:30<br>Reggaeton fitness | 18:30<br>Spinning              | 18:30<br>RowFit            | 18:30<br>Pilates              |                                                                                                                                                                                                                                                                                                              |
| 19:45<br>Spinning              | 19:30<br>S.G.S             | 19:00<br>Calisthenics          | 19:30<br>S.G.S             | 19:00<br>Calisthenics         |                                                                                                                                                                                                                                                                                                              |
|                                | 19:30<br>Walking           | 19:30<br>F.F. Pilates          | 19:30<br>Walking           | 19:45<br>Spinning             |                                                                                                                                                                                                                                                                                                              |
|                                | 19:45<br>Spinning          | 19:45<br>Spinning              | 19:45<br>Spinning          |                               |                                                                                                                                                                                                                                                                                                              |
|                                | 21:30<br>Balli Caraibici   |                                | 21:30<br>Balli Caraibici   |                               |                                                                                                                                                                                                                                                                                                              |