



LUNEDÌ

**STRONG TONE
GREENCOURT
LAURA
08.45-09.45**

**YOGA
SALA B
PRISCILLA
09.00-10.00**

**RICCARDO
WORKOUT
GREENCOURT
13.30-14.30**

**BODY SCULPT
MATTHIAS
GREENCOURT
19.00-20.00**

MARTEDÌ

**GOOD MORNING
SALA B
EMY
08.00-09.00**

**FUNZIONALE
GREENCOURT
DANIELE
09.00-10.00**

**POSTURALE
SALA A
SILVIA
09.00-10.00**

**FUNZIONALE
GREENCOURT
DANIELE
13.30-14.30**

**TOTAL BODY PUMP
GREENCOURT
FEDERICA
18.00-19.00**

**MILITARY GAG
GREENCOURT
LAURA E STEFANO
19.00-20.00**

**JIVAMUKTY YOGA
SALA B
VALENTINA
19.00-20.00**

MERCOLEDÌ

**PILATES
SALA B
EMY
08.30-09.30**

**STRONG TONE
GREENCOURT
LAURA
08.45-09.45**

**YOGA
SALA B
PRISCILLA
13.30-14.30**

**SIMONE
WORKOUT
GREENCOURT
13.30-14.30**

**BODY SCULPT
MIMMO
GREENCOURT
18.30-19.30**

GIOVEDÌ

**GOOD MORNING
SALA B
EMY
08.00-09.00**

**FUNZIONALE
GREENCOURT
DANIELE
09.00-10.00**

**POSTURALE
SALA A
SILVIA
09.00-10.00**

**FUNZIONALE
GREENCOURT
DANIELE
13.30-14.30**

**TOTAL BODY PUMP
GREENCOURT
FEDERICA
18.00-19.00**

**MILITARY GAG
GREENCOURT
LAURA E STEFANO
19.00-20.00**

**JIVAMUKTY YOGA
SALA B
VALENTINA
19.00-20.00**

VENERDÌ

**STRONG TONE
GREENCOURT
LAURA
08.45-09.45**

**BODY SCULPT
MIMMO
GREENCOURT
18.30-19.30**

SABATO

**PRE BOXE
ANTONELLO
GREENCOURT
10.00-11.00**

**BOXE
ANTONELLO
GREENCOURT
11.00-12.00**

DOMENICA