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| LUNEDI’ 2 | MARTEDI’ 3 | MERCOLEDI’ 4 | GIOVEDI’ 5 |

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| 9:45 – 12:30 SERENA  SEGRET. E CORSI GINN. DOLCE + TREKKMILL | CHIUSO | 9:45 – 12:30 DAVIDE SEGRETERIA  11 – 12 PIER TREKKMILL | CHIUSO |
| 16 – 20 SERENA  SEGRET. E CORSI TRX + PILATES | 16 – 20 CRISTINA  SEGRET. E CORSI PILATES + ZUMBA | 16 – 20 DAVIDE SEGRET.  18 – 19 DANCEFIT  GABRIELLA | 16 – 20 SERENA SEGRET. E CORSI  17 – 18 STEP TONO  18 – 19 TRX |