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

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| 9:45 – 12:30 SERENASEGRET. E CORSI GINN. DOLCE + TREKKMILL  | CHIUSO | 9:45 – 12:30 DAVIDE SEGRETERIA11 – 12 PIER TREKKMILL  | CHIUSO |
| 16 – 20 SERENASEGRET. 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 TONO18 – 19 TRX |