Orari Sala Up & Down 2023-2024

	10,30	12,30	12,45	15,00	15,30	16,00	16,30	17,30	18,00	18,30	19,00	19,30	20,00
lunedì	Aequilibrium **Pilates**	Aequilibrium **Pilates**									Energy Fitness Gym **Step**		
Martedì			Energy Fitness Gym **Total Body Power Ton**					Aequilibrium **Pilates**		Energy Fitness Gym **Power Ton**		Aequilibrium **Pilates**	
Mercoledì	Aequilibrium **Pilates**	Aequilibrium **Pilates**								Energy Fitness Gym **Paund**	Energy Fitness Gym **Zumba**		
Giovedì	Energy Fitness Gym **GAG**							Aequilibrium **Pilates**		Energy Fitness Gym **Effectifit Free**		Aequilibrium **Pilates**	
Venerdì	Aequilibrium **Pilates**	Aequilibrium **Pilates**						Aequilibrium **Pilates**		Energy Fitness Gym **OpenFit**			GpT **Gymnasty Danza**
Sabato													