

## ALL INCLUSIVE CON PISCINA

<b>1 MESE x 12</b>	<b>79</b>	<b>EASY</b>	<b>12 MESI</b>	<b>850</b>
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## SALA PESI + CORSI AEROBICI

<b>1 MESE x 12</b>	<b>49</b>	<b>EASY/SMART</b>
<b>1 MESE</b>	<b>79</b>	
<b>6 MESI</b>	<b>359</b>	
<b>12 MESI</b>	<b>550</b>	
<b>18 MESI</b>	<b>740</b>	

KETTLEBELL	G.A.G. & CORE
FIT BOXE	SPINNING
PILATES	GET BODY
BALLA&BRUCIA	YOGA & MOBILITY
FLEXY	TONIKA DANCE
<b>YOGA IN VOLO *</b>	<b>EXOTIC POLE DANCE*</b>

<b>INGRESSI SALA PESI</b>	X 1	15
	X 10	120
<b>PERSONAL TRAINING</b>	1 LEZ	50
	3 LEZ	110
	10 LEZ	340
	20 LEZ	590
	50 LEZ	1390

## POLE DANCE & GINNASTICA AEREA

	<b>1 MESE</b>	<b>3 MESI</b>	<b>12 MESI</b>	<b>EASY X 12</b>	<b>POLE+SALA x12</b>
<b>1H</b>	65	150	530	49	69
<b>2H</b>	95	250	820	75	89
<b>3H</b>	115	320	1050	95	99
<b>FULL</b>	150	400	1300	115	120

INGRESSO SINGOLO 20€

<b>ARTI MARZIALI</b>	<b>H SETT</b>	<b>1 MESE</b>	<b>EASY X 12</b>	<b>STAGIONE</b>
<b>KRAV</b>	1	40	35	350
<b>MAGA</b>	3	60	50	540

<b>KIDS POLE &amp; AEREA</b>	<b>1 MESE</b>	<b>3 MESI</b>
1H	50	130
2H	70	190

ORARIO: 07.00-22.30 (LUN-VEN) 08.00-18.00 (SAB) 08.00-14.00 (DOM)

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LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI	SABATO
	POLE DANCE 10.00-11.00 Carolina		*POSTURALE 10.15-11.00		COPPELIA 9.30-11.00 POLE DANCE 9.00-10.00 Carolina
	GYMNASIUM 11.30-12.30 Marco		*YOGA MAMMA.BEBE' 11.00-11.45		COPPELIA 11.00-12.00 POLE DANCE 10.00-11.00 Carolina
	FIT BOXE 12.45-13.45 Mar POLE DANCE 13.00-14.00 Carolina	COPPELIA 12.30-13.30 Alice	FIT BOXE 12.45-13.45 Marco YOGA IN VOLO * 13.15-14.00 Alessia	POLE DANCE 13.00-14.00 Carolina	FLEXY 11.00-12.00 Carolina COPPELIA 12.00-13.00
*YOGA IN GRAVIDANZA 14.00-14.45	COPPELIA 14..30-15.30	COPPELIA 15.00-15.45 Alice		COPPELIA 15.00-16.15	
	COPPELIA 15.30-16.15	COPPELIA 15.45-16.30 Alice	COPPELIA 15.45-16.30 Alice	COPPELIA 16.15-17.15 Alice	
*YOGA POSTURALE 17.15-18.00 Alessia POLE DANCE KIDS 16.45-17.45 Carolina	COPPELIA 16.15-17.30 Alice	COPPELIA 16.30-17.30 Alice POLE DANCE KIDS 16.45-17.45 Carolina	COPPELIA 16.30-17.30 Alice	*YOGA FAMILY 17.15-18.00 Alessia AEREA KIDS 17.00-18.00 Chiara	
GET BODY 18.00-18.40 Alessia POLE DANCE 17.45-18.45 Carolina	COPPELIA 17.30-18.30 AEREA KIDS 17.30-18.30 Priscilla	COPPELIA 17.30-18.30 Alice *YOGA POSTURALE 17.45 -18.30	COPPELIA 17.30-18.30 Alice	PILATES 18.00-18.50 Alessia AEREA 18.00-19.00 Chiara	
KETTLEBELL 18.40-19.40 Antonio POWER YOGA 18.45-19.30 Alessia	COPPELIA 18.30-19.30 Alice G.A.G. & CORE 18.30-19.30 Riccardo	KETTLEBELL 18.30-19.30 Antonio PILATES 18.30-19.15 Alessia	COPPELIA 18.30-19.30 Alice PILATES 18.40-19.35 Valentina	G.A.G. & CORE 18.50-19.50 Antonio YOGA IN VOLO 19.00-20.00 Alessia	
SPINNING 19.40-20.40 Flavio POLE DANCE 19.30-20.30 Carolina	BALLA&BRUCIA 19.30-20.30 Emy AEREA 19.30-20.30 Priscilla	SPINNING 19.30-20.30 Flavio YOGA IN VOLO * 19.20-20.20 Alessia	TONIKA DANCE 19.30-20.30 Monica POLE DANCE 19.40-20.40 Carolina	POLE DANCE 20.00-21.00 Carolina	
KRAV MAGA 20.45-21.45 Matteo EXOTIC POLE DANCE 20.30-21.30 Carolina	SPINNING 20.30-21.30 Susy POLE DANCE 20.30-21.30 Carolina	KENDO 20.30-21.30 KRAV MAGA 20.30-21.30 Matteo	SPINNING 20.30-21.30 Susy POLE DANCE 20.40-21.40 Carolina	KRAV MAGA 20.30-21.30 Matteo	
	SPINNING ABS 21.30-22.00 Susy	KENDO 21.30-22.30	SPINNING ABS 21.30-22.00 Susy		

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