

|       | LUNEDÌ                                      | MARTEDÌ                                     | MERCOLEDÌ                                   | GIOVEDÌ                                     | VENERDÌ                                    | SABATO                                      |
|-------|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------------|--------------------------------------------|---------------------------------------------|
| 7.00  |                                             | <small>LES MILLS</small><br><b>PILATES</b>  |                                             |                                             |                                            |                                             |
| 7.30  |                                             |                                             |                                             | <small>LES MILLS</small><br><b>PILATES</b>  |                                            |                                             |
| 8.00  | <small>LES MILLS</small><br>Shapes          | <small>LES MILLS</small><br><b>BODYPUMP</b> | <small>LES MILLS</small><br>Shapes          |                                             | <small>LES MILLS</small><br><b>PILATES</b> |                                             |
| 8.30  |                                             |                                             |                                             | <small>LES MILLS</small><br>Shapes          |                                            |                                             |
| 10.00 |                                             |                                             |                                             |                                             |                                            | <small>LES MILLS</small><br>Shapes          |
| 11.00 |                                             |                                             |                                             |                                             |                                            | <small>LES MILLS</small><br><b>BODYPUMP</b> |
| 12.00 |                                             |                                             |                                             |                                             |                                            |                                             |
| 12.30 | <small>LES MILLS</small><br><b>BODYPUMP</b> |                                             | <small>LES MILLS</small><br>Shapes          |                                             |                                            |                                             |
| 13.00 |                                             | <small>LES MILLS</small><br>Shapes          |                                             | <small>LES MILLS</small><br><b>BODYPUMP</b> | <small>LES MILLS</small><br><b>PILATES</b> |                                             |
| 13.30 |                                             |                                             |                                             |                                             |                                            |                                             |
| 14.00 |                                             |                                             |                                             |                                             |                                            |                                             |
| 16.00 |                                             |                                             |                                             |                                             |                                            |                                             |
| 17.00 |                                             |                                             |                                             |                                             |                                            |                                             |
| 18.00 | <small>LES MILLS</small><br><b>BODYPUMP</b> | <small>LES MILLS</small><br>Shapes          | <small>LES MILLS</small><br><b>PILATES</b>  | <small>LES MILLS</small><br>Shapes          |                                            |                                             |
| 19.00 | <small>LES MILLS</small><br>Shapes          | <small>LES MILLS</small><br><b>BODYPUMP</b> | <small>LES MILLS</small><br>Shapes          | <small>LES MILLS</small><br><b>PILATES</b>  | <small>LES MILLS</small><br>Shapes         |                                             |
| 20.00 | <small>LES MILLS</small><br><b>PILATES</b>  |                                             | <small>LES MILLS</small><br><b>BODYPUMP</b> | <small>LES MILLS</small><br><b>BODYPUMP</b> |                                            |                                             |