

TIMETABLE CLASSES.

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ		SABATO
8:00 - 8:45		PILATES		PILATES		9:15 - 10:00	ANTIGRAVITY
						10:00 - 10:45	PILATES
13:15 - 14:00	TOTAL BODY	BOOTY	PILATES	PUMP	TOTAL BODY	10:45 - 11:30	PUMP
						11:30 - 12:15	PILATES
18:00 - 18:45	PILATES		TOTAL BODY	BOOTY	ANTIGRAVITY		
18:45 - 19:30	ZUMBA	PUMP	BOOTY	PILATES	ANTIGRAVITY		
19:30 - 20:15	TOTAL BODY	PILATES	ZUMBA				


ELEV8

ELEVATE YOUR FITNESS