

| Lunedì | | Martedì | | Mercoledì | | Giovedì | | Venerdì | | Sabato | |
|--|---------------------------------|---------------------------------------|----------------------------------|--|---------------------------------|--|---------------------------------|--|---------------------------------|--------------------------|--------------------|
| Sala Alfa | Sala Beta | Sala Alfa | Sala Beta | Sala Alfa | Sala Beta | Sala Alfa | Sala Beta | Sala Alfa | Sala Beta | Sala Alfa | Sala Beta |
| | | 7.10-8.10 Hatha Yoga | | | 7.10-8.10 TRX piloga | 7.10-8.10 Hatha Yoga | | 7.10-8.10 MINIGRUPPO 6 | | | |
| | | | | | | | | | | | |
| 9.15-9.45 Stretching | | | | 9.15-9.45 Stretching | | | | 9.15-9.45 Stretching | | | |
| 9.45-10.35 Posturale | | | | 9.45-10.35 Posturale | | | | 9.45-10.35 Posturale | | | |
| | 10.30-11.20 TRX Training | | 10.30-11.20 MINIGRUPPO | | | | | | 10.30-11.20 TRX Training | | |
| | | | | | | | | | | | |
| 12.45-13.30 Xtempo Energy | | 12.45-13.15 Circuito Metabolico | | 13.15-14.15 Hatha Yoga | | 12.45-13.15 UpperBody | | 12.45-13.15 Circuito Metabolico | | 13.00-14.00 Posturale | 12.45-13.30 TRX |
| 13.30-14.00 Core&Arms | 13.15-14.15 TRX | 13.15-14.00 Core&Arms | | | 13.15-14.15 Circuit | 13.15-14.00 Gambe e Glutei No Stop | | 13.15-14.00 Core&Arms | 13.30-14.15. TRX | | |
| | | | | | | | | | | | |
| | | | | | | 16.15-17.15 PANCAFIT MINIGROUP | | | | | |
| 17.15-17.45 Stretching | | 17.15-18.15 Piloga | | 17.15-17.45 Core Training | | 17.15-18.15 Hatha Yoga | | 17.15-17.45 Gambe e Glutei No Stop | | | |
| 17.45-18.15 Core Training | 17.30-18.00 CORE TRX | | 17.30-18.15 TRX Gambe | 17.45-18.15 Gambe e Glutei No Stop | 17.30-18.00 CORE TRX | | 17.30-18.00 CORE TRX | 17.45-18.15 Core Training | 17.30-18.00 CORE TRX | | |
| 18.15-18.45 Gambe e Glutei No Stop | 18.00-18.30 UpperBody TRX | 18.15-19.15 360 WORKOUT | 18.15-18.45 TRX Addominali | 18.15-18.45 UpperBody | 18.00-18.30 UpperBody TRX | 18.15-19.15 Step | 18.00-18.30 UpperBody TRX | 18.15-19.15 360 Workout | 18.00-18.30 UpperBody TRX | | |
| 18.45-19.45 Circuit Training | 18.30-19.30 Circuit | | 18.45-19.20 Circuit | 18.45-19.45 Circuit | 18.30-19.30 Circuit | | 18.30-19.30 Circuit | | 18.30-19.30 Circuit | | |
| 19.45-20.45 Circuit Training | 19.30-20.30 Circuit | 19.15-20.00 GAG | 19.30-20.30 Circuit | 19.45-20.45 Circuit | | 19.15-20.00 GAG | 19.30-20.30 Circuit | | 19.30-20.30 Circuit | | |
| | | 20.00-21.00 Hatha Yoga | | | | 20.00-21.00 Hatha Yoga | | | | | |