

PLANNING REALTV LODI

| LUN | MAR | MER | GIO | VEN | SAB |
|--|---|-----------------------------------|-------------------------------------|---|--------------------------------|
| ON DEMAND 6.00/10.00 | | | ON DEMAND 6.00/10.00 | | |
| RVT POSTURALE 10.00/11.00 | | | RVT POSTURALE 10.00/11.00 | | |
| ON DEMAND 11.00/18.30 | ON DEMAND 6.00/18.30 | ON DEMAND 6.00/18.30 | ON DEMAND 11.00/18.00 | ON DEMAND 6.00/19.00 | ON DEMAND 6.00/20.00 |
| | RVT ABS 19.00/19.30 | | RVT HIIT 18.00/18.30 | | |
| RVT CROSS TRAINING 18.30/19.15 | RVT UPPER BODY 19.00/19.30 | RVT PILATES 18.30/19.15 | RVT ABS 18.30/19.00 | | |
| RVT GAG 19.15/20.00 | RVT LEGS and BUTT 19.15/20.00 | RVT FIT-BOX 19.15/20.00 | RVT FULL BODY 19.00/19.45 | RVT MILITAR WORKOUT 19.00/20.00 | |

PLANNING REALTV CREMA

| LUN | MAR | MER | GIO | VEN |
|--|--|---|-------------------------------------|-----------------------------------|
| ON DEMAND 6.00/17.30 | ON DEMAND 6.00/18.30 | ON DEMAND 6.00/9.00 | ON DEMAND 6.00/18.30 | ON DEMAND 6.00/9.00 |
| RVT PILATES 17.30/18.30 | RVT ABS 18.30/19.00 | RVT PILATES 9.00/10.00 | RVT GAG 18.30/19.15 | RVT ABS 9.00/9.30 |
| RVT ABS 18.30/19.00 | RVT CIRCUIT TRAINING 19.00/19.45 | ON DEMAND 10.00/19.30 | RVT FULL BODY 19.15/20.00 | RVT PILATES 9.30/10.30 |
| RVT FULL BODY 19.00/19.45 | ON DEMAND 19.45/21.00 | RVT UPPER BODY 19.30/20.00 | ON DEMAND 20.00/21.00 | ON DEMAND 10.30/18.00 |
| RVT HIIT+STREATCHING 19.45/20.30 | | RVT LEGS and BUTT 20.00/20.30 | | RVT PILATES 18.30/19.15 |
| | | RVT PILATES 20.30/21.30 | | ON DEMAND 20.00/21.00 |