

LUNEDI'				MARTEDI'				MERCOLEDI'			
Sala 1	Sala 2	Sala 3	Piscina	Sala 1	Sala 2	Sala 3	Piscina	Sala 1	Sala 2	Sala 3	Piscina
07.00		TurboMet 7.10 Chiara		07.00		TurboMet 7.10 Alan		07.00		TurboMet 7.10 Miguel	
9:00				9:00	Posturale Vania		Acquagym 09.00 - Stefy	9:00			
10:00	Easy Tone Alessandra		Acquagym 09.30 - Monika	10:00	Fit Pilates Giorgio		Acquagym 10.00 - Stefy	10:00	Easy Tone Alessandra		Acquagym 09.30 - Fede
11:00	Fit Yoga Alessandra		Acquagym 10.30 - Monika	11:00			Fisioterapia 11.00	11:00			Acquagym 10.30 - Fede
12:00				12:00				12:00			
13:00	Dance Mixx Brusky	Fit Pilates Giorgio	TurboMet 13.00 Chiara	13:00	Kettlebell/Trx Natural functional	Body Attack Brusky	Ilaria TurboMet 13.30	13:00	Fusion Brusky	Fit Yoga Alessandra	TurboMet 13.00 Miguel
14:00				14:00				14:00			
15:00			Acquadynamic 15.00 - Stefy	15:00		Fit Yoga Alessandra		Acquagym 15.00-Monika			Acquagym 15.00 - Stefy
16:00		Posturale Vania		16:00							
17:00	Body Pump Ilaria		TurboMet 17.00 Chiara	17:00				Acquagym 17.15 - Anna	17:00	Body Attack Ilaria	TurboMet 17.00 Giulio
18:00	Kettlebell/Trx Natural functional		TurboMet 18.00 Ilaria	18:00	Kettlebell/Trx Natural functional		TurboMet 18.00 Miguel	Acquadynamic 18.15 - Stefy	18:00	Conditioning Natural Training	TurboMet 18.00 Miguel
19:00	Conditioning Natural Training	Easy Tone Alessandra	TurboMet 19.00 Ilaria	19:00	Body Pump Francesco		TurboMet 19.00 Chiara	Acquagym 19.15 - Anna	19:00	Kettlebell/Trx Natural functional	TurboMet 19.00 Ilaria
20:00	Body Attack Ilaria	Fit Pilates Alessandra		20:00	Dance Mixx Brusky		TurboMet 20.00 Chiara		20:00	Body Pump Ilaria	
21:00				21:00					21:00		
22:00	Salsa Portoricana			22:00					22:00		
GIOVEDI'				VENERDI'				SABATO			
Sala 1	Sala 2	Sala 3	Piscina	Sala 1	Sala 2	Sala 3	Piscina	Sala 1	Sala 2	Sala 3	Piscina
07.00		TurboMet 7.10 Giulio		07.00		TurboMet 7.10 Davide		8:00		TurboMet 8.10	
9:00				9:00	Easy Tone Alessandra	Posturale Vania	Acquagym 09.00 - Stefy	9:00			
10:00	Fit Pilates Giorgio		Acquadynamic 09.30 - Stefy	10:00	Fit Yoga Alessandra		Acquadynamic 10.00 - Stefy	10:00			Acquagym 10.00 - Anna
11:00			Fisioterapia 11.30	11:00			Fisioterapia 11.00	11:00	Body Pump Ilaria		
12:00				12:00				12:00			
13:00	Body Pump Ilaria	Strenght60 Brusky	Giulio TurboMet 13.30	13:00	Conditioning Natural Training	Functional Yoga Alessandra	TurboMet 13.00 Giulio	13:00	Express Fusion Brusky		
14:00				14:00				14:00			
15:00		Fit Yoga Alessandra	Acquagym 15.00 - Fede	15:00				Acquadynamic 15.00 - Monika	15:00		
16:00		Posturale Vania		16:00					16:00		
17:00			Acquagym 17.15 - Fede	17:00			TurboMet 17.00 Ilaria	Acquagym 17.15 - Monika	17:00		
18:00	Kettlebell/Trx Natural functional		TurboMet 18.00 Miguel	18:00	Body Pump Ilaria		TurboMet 18.00 Alan	Acquagym 18.15 - Anna	19:00	Apertura ore 08.00 Chiusura ore 19.00	
19:00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Chiara	19:00	Body Attack Ilaria	Fit Yoga Alessandra	TurboMet 19.00 Alan	Acquagym 19.15 - Anna	###		
20:00	Strenght60 Brusky	Easy Tone Donatella	TurboMet 20.00 Chiara	20:00	Dance Mixx Brusky				###	TurboMet 8.10	
21:00				21:00					###	Jolly Class	
22:00	Salsa Portoricana			22:00					18.00	Apertura ore 08.00 Chiusura ore 18.00	