

LUNEDÌ					MARTEDÌ					MERCOLEDÌ				
07.00	Sala 1	Sala 2	Sala 3	Piscina	07.00	Sala 1	Sala 2	Sala 3	Piscina	07.00	Sala 1	Sala 2	Sala 3	Piscina
			TurboMet 7.10 Chiara					TurboMet 7.10 Alan					TurboMet 7.10 Miguel	
09.00					09.00		Posturale Vania		Acquagym 09.00 - Stefy	09.00	Easy Tone Alessandra			Acquagym 09.30 - Fede
10.00	Easy Tone Alessandra			Acquagym 09.30 - Monika	10.00	Fit Pilates Giorgio			Acquagym 10.00 - Stefy	10.00				Acquagym 10.30 - Fede
11.00	Fit Yoga Alessandra			Acquagym 10.30 - Monika	11.00				Fisioterapia 11.00	11.00				
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	15.00				Acquagym 15.00 - Stefy
16.00		Posturale Vania			16.00					16.00				
17.00	Body Pump Ilaria		TurboMet 17.00 Chiara	Acquagym 17.15 - Stefy	17.00			TurboMet 17.15 Chiara	Acquagym 17.15 - Anna	17.00	Body Attack Ilaria		TurboMet 17.00 Giulio	Acquagym 17.15 - Stefy
18.00	Kettlebell/Trx Natural functional		TurboMet 18.00 Ilaria	Acquagym 18.15 - Fede	18.00	Kettlebell/Trx Natural functional		TurboMet 18.30 Miguel	Acquadynamic 18.15 - Stefy	18.00	Conditioning Natural Training		TurboMet 18.00 Miguel	Acquadynamic 18.15 - Monika
19.00	Conditioning Natural Training	Easy Tone Alessandra	TurboMet 19.00 Ilaria	Acquagym 19.15 - Fede	19.00	Body Pump Francesco	Fit Pilates Giorgio	TurboMet 19.30 Chiara	Acquagym 19.15 - Anna	19.00	Kettlebell/Trx Natural functional	Easy Tone Alessandra	TurboMet 19.00 Ilaria	Acquagym 19.15 - Monika
20.00	Body Attack Ilaria	Fit Pilates Alessandra			20.00	Dance Mixx Brusky				20.00	Body Pump Ilaria	Functional Yoga Alessandra		
21.00					21.00					21.00				
22.00	Salsa Portoricana				22.00					22.00				
GIOVEDÌ					VENERDÌ					SABATO				
07.00	Sala 1	Sala 2	Sala 3	Piscina	07.00	Sala 1	Sala 2	Sala 3	Piscina	08.00	Sala 1	Sala 2	Sala 3	Piscina
			TurboMet 7.10 Giulio					TurboMet 7.10 Davide					TurboMet 8.10	
09.00					09.00		Posturale Vania		Acquagym 09.00 - Stefy	09.00				
10.00	Fit Pilates Giorgio			Acquadynamic 09.30 - Stefy	10.00	Easy Tone Alessandra			Acquadynamic 10.00 - Stefy	10.00				Acquagym 10.00 - Anna
11.00				Acquagym 10.30 - Stefy	11.00	Fit Yoga Alessandra			Fisioterapia 11.00	11.00	Body Pump Ilaria			
12.00				Fisioterapia 11.30	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		Chiara TurboMet 18.30	Acquagym 18.15 - Monika	18.00	Body Pump Ilaria		TurboMet 18.00 Alan	Acquagym 18.15 - Anna	19.00	Aperatura ore 08.00 Chiusura ore 19.00			
19.00	Body Pump Francesco	Fit Pilates Donatella	Miguel TurboMet 19.30	Acquadynamic 19.15 - Monika	19.00	Body Attack Ilaria	Alessandra	TurboMet 19.00 Alan	Acquagym 19.15 - Anna	DOMENICA				
20.00	Strenght60 Brusky	Easy Tone Donatella	Chiara		20.00	Dance Mixx Brusky				08.00			TurboMet 8.10	
21.00					21.00					10.30	Jolly Class			
22.00	Salsa Portoricana				22.00					18.00	Aperura ore 08.00 Chiusura ore 18,00			