

LUNEDI'			MARTEDI'			MERCOLEDI'		
	Natural Training Park	On Line		Natural Training Park	On Line		Natural Training Park	On Line
07.00		<b>TURBO MET</b> 7:00 Chiara - Uptivo	07.00			07.00		<b>TURBO MET</b> 7:00 Chiara - Uptivo
08.00			08.00			08.00		
09.00			09.00			09.00		
10.00	<b>Nat. Park Workout</b> 10:00 Giulio		10.00			10.00	<b>Nat.Park Workout</b> 10:00 Miguel	
11.00			11.00	<b>Dry Water</b> 11:00 Monika		11.00		
12.00			12.00			12.00		
13.00	<b>Dry Water</b> 13:00 Stefy	<b>Fit Pilates</b> 13:00 Giorgio - Uptivo	13.00	<b>Nat.Park Workout</b> 13:00 Chiara		13.00	<b>Body Attack</b> 13:00 Ilaria	<b>Fit Yoga</b> 13:00 Alessandra - - FACEBOOK - INSTA
14.00			14.00			14.00		
15.00			15.00	<b>Easy Tone</b> 15:00 Alessandra		15.00		
16.00			16.00			16.00		
17.00	<b>Nat.Park Workout</b> 17:00 Chiara		17.00	<b>BODY PUMP</b> 17:00 Ilaria		17.00	<b>Nat.Park Workout</b> 17:00 Giulio	
18.00	<b>Dance Mixx</b> 18:15 Brusky	<b>TURBO MET</b> 18:00 Chiara - Uptivo	18.00	<b>Nat.Park Workout</b> 18:15 Chiara		18.00	<b>Fusion</b> 18:15 Brusky	
19.00	<b>EASY TONE</b> 19,15 Alessandra	<b>Cardio/Addome</b> 19:00 Francesco - FACEBOOK - INSTA	19.00	<b>Nat.Park Workout</b> 19:15 Chiara		19.00	<b>Nat.Park Workout</b> 19:15 Miguel	<b>TURBO MET</b> 19:00 Chiara-Uptivo
20.00			20.00		<b>Dance Mixx</b> 20:00 Brusky - UPTIVO	21.00		
21.00			21.00			22.00		
GIOVEDI'			VENERDI'			SABATO		
	Natural Training Park	On Line		Natural Training Park	On Line		Natural Training Park	On Line
07.00			07.00		<b>Functional Training</b> 7:00 Chiara -facebook Instagram	07.00		
08.00			08.00			08.00		
09.00			09.00			09.00		
10.00			10.00	<b>Dry Water</b> 10:00 Stefy		10.00	<b>Jolly</b> 10:00	
11.00	<b>Body Pump</b> 11:00 Ilaria		11.00			11.00	<b>Jolly</b> 11:00	
12.00			12.00			12.00		
13.00	<b>Dry Water</b> 13:00 Monika		13.00	<b>Nat.Park Workout</b> 13:00 Chiara		13.00		<b>Fusion</b> 13:00 Brusky - UPTIVO
14.00			14.00			14.00		
15.00	<b>Nat.Park Workout</b> 15:00 Miguel		15.00			15.00		
16.00			16.00			16.00		
17.00	<b>FUSION</b> 17:00 Brusky		17.00	<b>Body Pump</b> 17:00 Ilaria		17.00		
18.00	<b>Nat.Park Workout</b> 18:15 Chiara		18.00	<b>Easy Tone</b> 18:15 Alessandra		18.00		
19.00	<b>Nat.Park Workout</b> 19:15 Chiara	<b>Cardio/Addome</b> 19:00 Francesco - FACEBOOK - INSTA	19.00	<b>Body Pump</b> 19:15 - Ilaria	<b>TURBO MET</b> 19:00 Miguel - Uptivo	<b>DOMENICA</b>		
20.00			20.00		<b>Dance Mixx</b> 20:00 Brusky - UPTIVO	10.00	<b>Jolly</b> 10:00	
21.00			21.00			11.00	<b>Jolly</b> 11:00	
22.00			22.00					