

LUNEDI'			MARTEDI'			MERCOLEDI'		
07.00	Natural Training Park	On Line	07.00	Natural Training Park	On Line	07.00	Natural Training Park	On Line
		TURBO MET 7:00 Chiara - Uptivo						TURBO MET 7:00 Chiara - Uptivo
08.00			08.00			08.00		
09.00			09.00			09.00		
10.00	Nat. Park Workout 10:00 Giulio		10.00			10.00	BODY PUMP 10:00 Miguel	
11.00			11.00	Dry Water 11:00 Monika		11.00		
12.00			12.00			12.00		
13.00	Dry Water 13:00 Stefy	Fit Pilates 13:00 Giorgio - Uptivo	13.00	Nat.Park Workout 13:00 Chiara		13.00	Body Attack 13:00 Ilaria	Fit Yoga 13:00 Alessandra - - FACEBOOK - INSTA
14.00			14.00			14.00		
15.00			15.00	Easy Tone 15:00 Alessandra		15.00		
16.00			16.00			16.00		
17.00	Nat.Park Workout 17:00 Chiara		17.00	BODY PUMP 17:00 Ilaria		17.00	Nat.Park Workout 17:00 Giulio	
18.00	Dance Mixx 18:15 Brusky		18.00	Nat.Park Workout 18:15 Chiara		18.00	Fusion 18:15 Brusky	
19.00	EASY TONE 19,15 Alessandra	Cardio/Addome 19:00 Francesco - FACEBOOK - INSTA	19.00	CONDITIONING 19:15 Chiara		19.00	BODY PUMP 19:15 Miguel	
20.00			20.00		Dance Mixx 20:00 Brusky - UPTIVO	21.00		
21.00			21.00			22.00		
GIOVEDI'			VENERDI'			SABATO		
07.00	Natural Training Park	On Line	07.00	Natural Training Park	On Line	07.00	Natural Training Park	On Line
					Functional Training 7:00 Chiara -facebook Instagram			
08.00			08.00			08.00		
09.00			09.00			09.00		
10.00			10.00	Dry Water 10:00 Stefy		10.00	Jolly 10:00	
11.00	Body Pump 11:00 Ilaria		11.00			11.00	Jolly 11:00	
12.00			12.00			12.00		
13.00	Dry Water 13:00 Monika		13.00	Nat.Park Workout 13:00 Chiara		13.00		Fusion 13:00 Brusky - UPTIVO
14.00			14.00			14.00		
15.00	BODY PUMP 15:00 Miguel		15.00			15.00		
16.00			16.00			16.00		
17.00	BLAST 360 17:00 Brusky		17.00	Body Pump 17:00 Ilaria		17.00		
18.00	Nat.Park Workout 18:15 Chiara		18.00	Easy Tone 18:15 Alessandra		18.00		
19.00	CONDITIONING 19:15 Chiara	Cardio/Addome 19:00 Francesco - FACEBOOK - INSTA	19.00	Body Pump 19:15 - Ilaria		DOMENICA		
20.00			20.00		Dance Mixx 20:00 Brusky - UPTIVO	10.00	Jolly 10:00	
21.00			21.00			11.00	Jolly 11:00	
22.00			22.00					