LUNEDI'

	Sala 1	Sala 2	Sala 3	Piscina
07.00			TurboMet 7.10	
09:00				
	Easy Tone Alessandra			
10:00	Fit Yoga Alessandra			
11:00				
12:00				
13:00	Dance Mixx Brusky	Fit Pilates Giorgio		
14:00				
15:00				
16:00				
17:00	Body Pump Ilaria		TurboMet 17.00	
18:00	Natural Functional Chiara		TurboMet 18.00	
		Easy Tone Alessandra		
19:00	Natural training Chiara		TurboMet 19.00	
		Fit Pilates Alessandra		
20:00	Body Attack Ilaria			
21:00				
22:00				

MARTEDI'

	Sala 1	Sala 2	Sala 3	Piscina
07.00			TurboMet 7.10	
09:00				
	Fit Pilates Giorgio			
10:00				
11:00				
12:00				
13:00	Natural functional Chiara	Body Attack Brusky		
14:00				
15:00		Fit Yoga Alessandra		
16:00				
17:00				
18:00	Natural functional Chiara		TurboMet 18.00	
		Fit Pilates Claudia		
19:00	Body Pump Francesco		TurboMet 19.00	
20:00	Dance Mixx Brusky			
21:00				
22:00				

MERCOLEDI'

	Sala 1	Sala 2	Sala 3	Piscina
07.00			TurboMet 7.10	
09:00				
	Easy Tone Alessandra			
10:00				
11:00				
12:00				
13:00	Fusion Brusky	Fit Yoga Alessandra		
14:00				
15:00				
16:00				
17:00	Body Attack Ilaria		TurboMet 17.00	
18:00	Natural training Chiara		TurboMet 18.00	
		Easy Tone Alessandra		
19:00	Conditioning Chiara		TurboMet 19.00	
		Functional Yoga Alessandra		
20:00	Body Pump ilaria			
21:00				
22:00				

GIOVEDI'

	Sala 1	Sala 2	Sala 3	Piscina
07.00			TurboMet 7.10	
09:00				
	Fit Pilates Giorgio			
10:00				
11:00				
12:00				
13:00	Body Pump Ilaria	Band Blast Brusky		
14:00				
15:00		Fit Yoga Alessandra		
16:00				
17:00				
18:00	Natural functional Chiara			
		Fit Pilates Donatella	TurboMet 18.00	
19:00	Body Pump Francesco			
		Easy Tone Donatella	TurboMet 19.00	
20:00	Band Blast Brusky			
21:00				
22:00				

VENERDI'

	Sala 1	Sala 2	Sala 3	Piscina
07.00			TurboMet 7.10	
09:00				
	Easy Tone Alessandra			
10:00	Fit Yoga Alessandra			
11:00				
12:00				
13:00	Natural training Chiara	Functional Yoga Alessandra		
14:00				
15:00				
16:00				
17:00				
18:00	Body Pump Ilaria		TurboMet 17.00	
		Fit Yoga Alessandra		
19:00	Body Attack Ilaria		TurboMet 18.00	
20:00	Dance Mixx Brusky			
21:00				
22:00				

SABATO

	Sala 1	Sala 2	Sala 3	Piscina
08:00				
09:00				
10:00	Body Pump Ilaria			
11:00				
12:00				
13:00				
14:00				
15:00				
16:00				
17:00				
00:00	Apertura ore 08.00 Chiusura ore 17.00			

DOMENICA

00:00				
00:00	Aperura ore 08.00 chiusura 13.00			