

LUNEDÌ				MARTEDÌ				MERCOLEDÌ					
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			
09:00				09:00			Acquagym 09.00 - Stefy	09:00					
10:00	Easy Tone Alessandra		Acquagym 09.30 - Monika	10:00	Fit Pilates Giorgio		Acquagym 10.00 - Stefy	10:00	Easy Tone Alessandra				
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		13:00	Natural functional Chiara	Body Attack Brusky		13:00	Fusion Brusky	Fit Yoga Alessandra			
14:00				14:00				14:00					
15:00			Aquadynamic 15.00 - Stefy	15:00		Fit Yoga Alessandra		15:00			Acquagym 15.00 - Stefy		
16:00				16:00				16:00					
17:00	Body Pump Ilaria		TurboMet 17.00 Chiara	17:00			Acquagym 17.15 - Monika	17:00	Tone Ilaria		TurboMet 17.00 Chiara		
18:00	Natural Functional Chiara		TurboMet 18.00 Ilaria	18:00	Natural functional Chiara		TurboMet 18.00 Davide	Aquadynamic 18.15 - Stefy	18:00	Natural training Chiara	TurboMet 18.00 Miguel	Acquagym 18.15 - Fede	
19:00	Natural training Chiara	Easy Tone Alessandra	TurboMet 19.00 Ilaria	19:00	Body Pump Francesco	Fit Pilates Claudia	TurboMet 19.00 Giulio	Acquagym 19.15 - Elsa	19:00	Conditioning Chiara	Easy Tone Alessandra	TurboMet 19.00 Davide	Acquagym 19.15 - Fede
20:00	Tone 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				22:00				22:00					
GIOVEDÌ				VENERDÌ				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		08:00					
09:00				09:00			Acquagym 09.00 - Stefy	09:00					
10:00	Fit Pilates Giorgio		Aquadynamic 09.30 - Stefy	10:00	Easy Tone Alessandra		Aquadynamic 10.00 - Stefy	10:00	Body Pump Ilaria				
11:00			Acquagym 10.30 - Stefy	11:00	Fit Yoga Alessandra		Fisioterapia 11.00	11:00					
12:00			Fisioterapia 11.30	12:00				12:00					
13:00	Body Pump Ilaria	Strength60 Brusky		13:00	Natural training Chiara	Functional Yoga Alessandra		13:00					
14:00				14:00				14:00					
15:00		Fit Yoga Alessandra		15:00			Aquadynamic 15.00 - Monika	15:00					
16:00				16:00				16:00					
17:00			Acquagym 17.15 - Fede	17:00			Acquagym 17.15 - Monika	17:00					
18:00	Natural functional Chiara		Acquagym 18.15 - Fede	18:00	Body Pump Ilaria		TurboMet 17.00 Alan	Acquagym 18.15 - Elsa	00:00	Apertura ore 08.00 Chiusura ore 15.00			
19:00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 18.00 Leo	19:00	Body Attack Ilaria	Fit Yoga Alessandra	TurboMet 18.00 Alan		DOMENICA				
20:00	Strength60 Brusky	Easy Tone Donatella	TurboMet 19.00 Miguel	20:00	Dance Mixx Brusky								
21:00				21:00				00:00					
22:00				22:00				00:00	Apertura ore 08.00 chiusura 13.00				