

LUNEDI'					MARTEDI'					MERCOLEDI'				
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				Aquadynamic 09.00 - Stefy	09.00				
10.00	Total Body Alessandra			Acquagym 09.30 - Monika	10.00	Fit Pilates Giorgio	Posturale Vania			10.00		Tone Ilaria		
11.00	Fit Yoga Alessandra			Aquadynamic 10.30 - Monika	11.00					11.00				
12.00				Fisioterapia 11.30	12.00					12.00				
13.00	Dance Mixx Brusky	Fit Pilates Giorgio	TurboMet 13.15 Chiara	Acquagym 13.00-Stefy	13.00	Trx-kettlebell Chiara	Strenght Bruschi			13.00	Fusion Brusky	Fit Yoga Alessandra	TurboMet 13.15 Miguel	Aquadynamic 13.00- Monika
14.00					14.00				Acquagym 14.00-Monika	14.00				
15.00				Aquadynamic 15.00 - Alan	15.00		Fit Yoga Alessandra			15.00				Aquadynamic 15.00 - Alan
16.00		Posturale Vania			16.00					16.00				
17.00	Body Pump Ilaria		TurboMet 17.00 Chiara	Aquadynamic 17.15 - Stefy	17.00				Acquagym 17.15 - Monika	17.00	Tone Ilaria		TurboMet 17.00 Chiara	
18.00	Trx-kettlebell Chiara		TurboMet 18.00 Ilaria	Acquagym 18.15 - Fede	18.00	Tone Chiara		TurboMet 18.00 Davide	Aquadynamic 18.15 - Stefy	18.00	Conditioning Chiara		TurboMet 18.00 Miguel	Aquadynamic 18.15 - Monika
19.00	Conditioning Chiara	Easy Tone Alessandra	TurboMet 19.00 Ilaria	Aquadynamic 19.15 - Fede	19.00	Body Pump Francesco	Fit Pilates Claudia	TurboMet 19.00 Giulio	Acquagym 19.15 - Monika	19.00	Trx-kettlebell Chiara	Easy Tone Alessandra	TurboMet 19.00 Davide	Acquagym 19.15 - Monika
20.00	Tone Francesco	Fit Pilates Alessandra			20.00	Dance Mixx Brusky				20.00	Body Pump Ilaria	Functional Yoga Alessandra		
21.00	Salsa Portoricana NY Intermedio				21.00					21.00				
22.00	Salsa Portoricana NY Intermedio				22.00					22.00				
GIOVEDI'					VENERDI'					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						
09.00					09.00				Acquagym 09.00 - Stefy	09.00				
10.00	Fit Pilates Giorgio			Aquadynamic 09.30 - Stefy	10.00	Total Body Alessandra	Posturale Vania			10.00	Body Pump Ilaria			Aquadynamic 10.00 -
11.00				Acquagym 10.30 - Stefy	11.00	Fit Yoga Alessandra				11.00				
12.00				Fisioterapia 11.30	12.00					12.00				
13.00	Body Pump Ilaria	strenght Brusky			13.00	Tone Chiara	Functional Yoga Alessandra			13.00	Express Fusion			
14.00					14.00				Aquadynamic 14.00 -Alan	14.00				
15.00		Fit Yoga Alessandra			15.00					15.00				
16.00		Posturale Vania			16.00					16.00				
17.00				Aquadynamic 17.15-Fede	17.00				Acquagym 17.15 - Monika	17.00				
18.00	Tone Chiara		TurboMet 18.00 Leo	Acquagym 18.15 - Fede	18.00	Body Pump Ilaria		TurboMet 17.00 Alan	Acquagym 18.15 - Monika	00:00	Apertura ore 08.00 Chiusura ore 19.00			
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Miguel	Aquadynamic 19.15 -Alan	19.00	Tone Ilaria	Fit Yoga Alessandra	TurboMet 18.00 Alan	Aquadynamic 19.15 - Elsa	00:00	DOMENICA			
20.00	Strenght Bruschi	Total Body Donatella			20.00	Dance Mixx Brusky	Easy Tone Alessandra			00:00	10.30/12.00 Jolly Class			
21.00	Bachata Principiante				21.00					00:00				
22.00	Salsa Portoricana Principiante				22.00					00:00	Aperura ore 08.00 chiusura 18.00			