

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
			<b>TurboMet 7.10</b> Chiara					<b>TurboMet 7.10</b> Alan					<b>TurboMet 7.10</b> Miguel	
09.00					09.00				<b>Aquadynamic</b> 09.00 - Stefy	09.00				
10.00	<b>Total Body</b> Alessandra			<b>Acquagym</b> 09.30 - Monika	10.00	<b>Fit Pilates</b> Giorgio	<b>Posturale</b> Vania			10.00		<b>Tone</b> Ilaria		
11.00	<b>Fit Yoga</b> Alessandra			<b>Aquadynamic</b> 10.30 - Monika	11.00					11.00				
12.00				<b>Fisioterapia</b> 11.30	12.00					12.00				
13.00	<b>Dance Mixx</b> Brusky	<b>Fit Pilates</b> Giorgio	<b>TurboMet 13.15</b> Chiara	<b>Acquagym</b> 13.00-Stefy	13.00	<b>Trx-kettlebell</b> Chiara	<b>Strenght</b> Bruschi			13.00	<b>Fusion</b> Brusky	<b>Fit Yoga</b> Alessandra	<b>TurboMet 13.15</b> Miguel	
14.00					14.00					14.00				
15.00				<b>Aquadynamic</b> 15.00 - Alan	15.00		<b>Fit Yoga</b> Alessandra			15.00				<b>Aquadynamic</b> 15.00 - Alan
16.00		<b>Posturale</b> Vania			16.00					16.00				
17.00	<b>Body Pump</b> Ilaria		<b>TurboMet 17.00</b> Chiara	<b>Aquadynamic</b> 17.15 - Stefy	17.00					17.00	<b>Tone</b> Ilaria		<b>TurboMet 17.00</b> Chiara	
18.00	<b>Trx-kettlebell</b> Chiara		<b>TurboMet 18.00</b> Ilaria	<b>Acquagym</b> 18.15 - Fede	18.00	<b>Tone</b> Chiara		<b>TurboMet 18.00</b> Davide	<b>Aquadynamic</b> 18.15 - Stefy	18.00	<b>Conditioning</b> Chiara		<b>TurboMet 18.00</b> Miguel	<b>Aquadynamic</b> 18.15 - Monika
19.00	<b>Conditioning</b> Chiara	<b>Easy Tone</b> Alessandra	<b>TurboMet 19.00</b> Ilaria	<b>Aquadynamic</b> 19.15 - Fede	19.00	<b>Body Pump</b> Francesco	<b>Fit Pilates</b> Claudia	<b>TurboMet 19.00</b> Giulio	<b>Acquagym</b> 19.15 - Monika	19.00	<b>Trx-kettlebell</b> Chiara	<b>Easy Tone</b> Alessandra	<b>TurboMet 19.00</b> Davide	<b>Acquagym</b> 19.15 - Monika
20.00	<b>Tone</b> Francesco	<b>Fit Pilates</b> Alessandra			20.00	<b>Dance Mixx</b> Brusky				20.00	<b>Body Pump</b> Ilaria	<b>Functional Yoga</b> Alessandra		
21.00	<b>Salsa Portoricana NY</b> Intermedio				21.00					21.00				
22.00	<b>Salsa Portoricana NY</b> 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
			<b>TurboMet 7.10</b> Giulio					<b>TurboMet 7.10</b> Davide						
09.00					09.00					09.00				
10.00	<b>Fit Pilates</b> Giorgio			<b>Aquadynamic</b> 09.30 - Stefy	10.00	<b>Total Body</b> Alessandra	<b>Posturale</b> Vania			10.00	<b>Body Pump</b> Ilaria			<b>Aquadynamic</b> 10.00 -
11.00				<b>Acquagym</b> 10.30 - Stefy	11.00	<b>Fit Yoga</b> Alessandra				11.00				
12.00				<b>Fisioterapia</b> 11.30	12.00					12.00				
13.00	<b>Body Pump</b> Ilaria	<b>strenght</b> Brusky			13.00	<b>Tone</b> Chiara	<b>Functional Yoga</b> Alessandra			13.00	<b>Express</b> Fusion			
14.00					14.00					14.00	<b>Aquadynamic</b> 14.00 -Alan			
15.00		<b>Fit Yoga</b> Alessandra			15.00					15.00				
16.00		<b>Posturale</b> Vania			16.00					16.00				
17.00				<b>Aquadynamic</b> 17.15-Fede	17.00					17.00				
18.00	<b>Tone</b> Chiara		<b>TurboMet 18.00</b> Leo	<b>Acquagym</b> 18.15 - Fede	18.00	<b>Body Pump</b> Ilaria		<b>TurboMet 17.00</b> Alan	<b>Acquagym</b> 18.15 - Monika	00:00	<b>Apertura ore 08.00</b> <b>Chiusura ore 19.00</b>			
19.00	<b>Body Pump</b> Francesco	<b>Fit Pilates</b> Donatella	<b>TurboMet 19.00</b> Miguel	<b>Aquadynamic</b> 19.15 -Alan	19.00	<b>Tone</b> Ilaria	<b>Fit Yoga</b> Alessandra	<b>TurboMet 18.00</b> Alan		<b>DOMENICA</b>				
20.00	<b>Strenght</b> Bruschi	<b>Total Body</b> Donatella			20.00	<b>Dance Mixx</b> Brusky	<b>Easy Tone</b> Alessandra			00:00	<b>10.30/12.00</b> Jolly Class			
21.00	<b>Bachata</b> Principiante				21.00					00:00				
22.00	<b>Salsa Portoricana</b> Principiante				22.00					00:00	<b>Apertura ore 08.00</b> <b>chiusura 18.00</b>			