

LUNEDI'				MARTEDI'				MERCOLEDI'				
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		
9:00				9:00			Aquadynamic 09.00 - Stefy	9:00				
10:00	Total Boby 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	13:00	Trx-kettlebell Chiara	Core Bruschi		13:00	Fusion Brusky	Fit Yoga Alessandra	TurboMet 13.15 Miguel	
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	17:00		TurboMet 17.00 Chiara	Acquagym 17.15 - Monika	17:00	Tone Ilaria		TurboMet 17.00 Chiara	
18:00	Trx-kettlebell Chiara		TurboMet 18.00 Ilaria	18:00	Tone Chiara		TurboMet 18.00 Davide	18:00	Conditioning Chiara		TurboMet 18.00 Miguel	Aquadynamic 18.15 - Monika
19:00	Conditioning Chiara	Easy Tone Alessandra	TurboMet 19.00 Ilaria	19:00	Body Pump Francesco	Fit Pilates Claudia	TurboMet 19.00 Giulio	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	Fit 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				
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		8:00		TurboMet 08.00		
9:00				9:00			Acquagym 09.00 - Stefy	9:00		TurboMet 09.00 Ilaria		
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		TurboMet 13:15 Ilaria	13:00	Express Fusion Brusky			
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		TurboMet 17.00 Chiara	Aquadynamic 17.15-Fede	17:00		TurboMet 17.00 Alan	Acquagym 17.15 - Monika	17:00				
18:00	Tone Chiara		TurboMet 18.00 Leo	18:00	Body Pump Ilaria		TurboMet 18.00 Alan	0:00	Apertura ore 08.00 Chiusura ore 19.00			
19:00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Miguel	19:00	Tone Ilaria	Fit Yoga Alessandra		DOMENICA				
20:00	Core Bruschi			20:00	Dance Mixx Brusky	Easy Tone Alessandra		0:00	10.30/12.00 Jolly Class			
21:00	Bachata Principiante			21:00				0:00				
22:00	Salsa Portoricana Principiante			22:00				0:00	Apertura ore 08.00 chiusura 18.00			