

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	
9.00				9.00				9.00			
10.00	Total Body Alessandra		Acquagym 09.30 - Monika	10.00	Fit Pilates Giorgio	Posturale Vania		Aquadynamic 09.00 - Stefy		Tone Ilaria	
11.00	Fit Yoga Alessandra		Aquadynamic 10.30 - Monika	11.00				Acquagym 10.00 - Stefy			
12.00			Fisioterapia 11.30	12.00							
13.00	Dance Mixx Brusky	Fit Pilates Giorgio	TurboMet 13.15 Chiara	13.00	Trx-kettlebell Chiara	Core Bruschi				TurboMet 13.15 Miguel	
14.00				14.00				Acquagym 14.00-Monika			
15.00			Aquadynamic 15.00 - Alan	15.00		Fit Yoga Alessandra					Aquadynamic 15.00 - Alan
16.00		Posturale Vania		16.00							
17.00	Body Pump Ilaria		TurboMet 17.00 Chiara	17.00				TurboMet 17.00 Alan	Acquagym 17.15 - Monika	Tone Ilaria	TurboMet 17.00 Chiara
18.00	Trx-kettlebell Chiara		TurboMet 18.00 Ilaria	18.00	Tone Chiara			TurboMet 18.00 Leo	Aquadynamic 18.15 - Stefy	Natural Training Chiara	TurboMet 18.00 Miguel
19.00	Conditioning Chiara	Easy Tone Alessandra	TurboMet 19.00 Ilaria	19.00	Body Pump Francesco	Fit Pilates Claudia		TurboMet 19.00 Giulio	Acquagym 19.15 - Monika	Trx-kettlebell Chiara	Easy Tone Alessandra
20.00	Tone Francesco	Fit Pilates Alessandra	TurboMet 19.45 Giulio	20.00	Dance Mixx Brusky	ore 19.00 Chiara Natural training				Body Pump Ilaria	Fit Yoga Alessandra
21.00	Salsa Portoricana NY Intermedio			21.00							
22.00	Salsa Portoricana NY Intermedio			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		8.00			TurboMet 08.10
9.00				9.00				9.00			TurboMet 09.00 Ilaria
10.00	Fit Pilates Giorgio		Aquadynamic 09.30 - Stefy	10.00	Total Body Alessandra	Posturale Vania		Acquagym 09.00 - Stefy		Body Pump Ilaria	Aquadynamic 10.00
11.00			Acquagym 10.30 - Stefy	11.00	Fit Yoga Alessandra			Aquadynamic 10.00 - Stefy			
12.00			Fisioterapia 11.30	12.00				Fisioterapia 11.00			
13.00	Body Pump Ilaria	strenght Brusky		13.00	Tone Chiara	Natural Training Alan		TurboMet 13:15 Giulio		Express Fusion Brusky	
14.00				14.00					Aquadynamic 14.00 -Alan		
15.00		Fit Yoga Alessandra		15.00							
16.00		Posturale Vania		16.00							
17.00			TurboMet 17.00 Chiara	17.00				TurboMet 17.00 Ilaria	Acquagym 17.15 - Monika		
18.00	Natural Training Chiara		TurboMet 18.00 Davide	18.00	Body Pump Ilaria			TurboMet 18.00 Alan	Acquagym 18.15 - Monika	Apertura ore 08.00 Chiusura ore 19.00	
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Miguel	19.00	Natural Training Ilaria	Fit Yoga Alessandra		TurboMet 19.00 Alan		DOMENICA	
20.00	Core Bruschi		TurboMet 19.45 Davide	20.00	Dance Mixx Brusky	Easy Tone Alessandra				TurboMet 08.10	
21.00	Bachata Principiante			21.00						10.30/12.00 Jolly Class	
22.00	Salsa Portoricana Principiante			22.00							Aperura ore 08.00 Chiusura 13.30