

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			Aquadynamic 09.00 - Stefy	9.00			
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	13.00	Trx-kettlebell Chiara	Core Bruschi		13.00	Fusion Brusky	Fit Yoga Alessandra	TurboMet 13.15 Miguel
14.00			Acquagym 13.00-Stefy	14.00				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				17.00		Tone Ilaria	TurboMet 17.00 Chiara
18.00	Trx-kettlebell Chiara		TurboMet 18.00 Ilaria	18.00	Tone Chiara			18.00		Natural Training Chiara	TurboMet 18.00 Miguel
19.00	Conditioning Chiara	Easy Tone Alessandra	Acquagym 18.15 - Fede	19.00		Fit Pilates Claudia		19.00		Easy Tone Alessandra	Aquadynamic 18.15 - Monika
20.00	Tone Francesco	Fit Pilates Alessandra	TurboMet 19.00 Ilaria	20.00	Body Pump Francesco	ore 19.00 Chiara Natural training		20.00		TurboMet 19.00 Ilaria	Acquagym 19.15 - Monika
21.00	Salsa Portoricana NY Intermedio			21.00	Dance Mixx Brusky			21.00		Fit Yoga Alessandra	Acquagym 19.15 - Monika
22.00	Salsa Portoricana NY Intermedio			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		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		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	Natural Training Alan		13.00		Express Fusion Brusky	
14.00				14.00				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				17.00		TurboMet 17.00 Ilaria	Acquagym 17.15 - Monika
18.00	Natural Training Chiara		Acquagym 18.15 - Fede	18.00	Body Pump Ilaria			18.00		TurboMet 18.00 Alan	Acquagym 18.15 - Monika
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Miguel	19.00	Tone Ilaria	Fit Yoga Alessandra		19.00		TurboMet 19.00 Alan	
20.00	Core Bruschi			20.00	Dance Mixx Brusky	Easy Tone Alessandra		20.00			
21.00	Bachata Principiante			21.00				21.00		10.30/12.00 Jolly Class	
22.00	Salsa Portoricana Principiante			22.00				22.00			
									Apertura ore 08.00 Chiusura ore 19.00		
DOMENICA											
									Aperura ore 08.00 Chiusura 13.30		