

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	
09.00				09.00			Aquadynamic 09.00 - Stefy	09.00			
10.00	Total Body Alessandra		Acquagym 09.30 - Monika	10.00	Fit Pilates Giorgio		Acquagym 10.00 - Stefy	10.00	Tone Ilaria		
11.00	Fit Yoga Alessandra			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				16.00				16.00			
17.00	Body Pump Ilaria		TurboMet 17.00 Chiara	17.00		TurboMet 17.00 Alan	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 Simone	18.00	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	19.00	Trx-kettlebell Chiara	Easy Tone Alessandra	TurboMet 19.00 Ilaria
20.00	Tone Francesco	Fit Pilates Alessandra		20.00	Dance Mixx Brusky			20.00	Body Pump Ilaria	Fit Yoga Alessandra	
21.00				21.00				21.00			
22.00				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		08.00		TurboMet 08.10	
09.00				09.00			Acquagym 09.00 - Stefy	09.00		TurboMet 09.00 Ilaria	
10.00	Fit Pilates Giorgio		Aquadynamic 09.30 - Stefy	10.00	Total Body Alessandra		Aquadynamic 10.00 - Stefy	10.00	Body Pump Ilaria		Aquadynamic 10.00
11.00				11.00	Fit Yoga Alessandra		Fisioterapia 11.00	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 Giulio	13.00			
14.00				14.00			Aquadynamic 14.00 -Alan	14.00			
15.00		Fit Yoga Alessandra		15.00				15.00			
16.00				16.00				16.00			
17.00			TurboMet 17.00 Chiara	17.00		TurboMet 17.00 Ilaria	Acquagym 17.15 - Monika	17.00			
18.00	Natural Training Chiara		TurboMet 18.00 Davide	18.00	Body Pump Ilaria		TurboMet 18.00 Alan	00:00	Aperatura ore 08.00 Chiusura ore 15.00		
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Miguel	19.00	Tone Ilaria	Fit Yoga Alessandra	TurboMet 19.00 Alan	DOMENICA			
20.00	Core Bruschi			20.00	Dance Mixx Brusky	Easy Tone Alessandra		00:00		TurboMet 08.10	
21.00				21.00				00:00			
22.00				22.00				00:00	Aperatura ore 08.00 Chiusura 13.30		