

LUNEDÌ				MARTEDÌ				MERCLEDÌ						
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				<b>Acquagym</b> 09.30 - Monika	09:00	<b>Fit Pilates</b> Giorgio			<b>Aquadynamic</b> 09.00 - Stefy	09:00	<b>Tone</b> Ilaria			
10:00	<b>Total Boby</b> Alessandra				10:00				<b>Acquagym</b> 10.00 - Stefy	10:00				
11:00	<b>Fit Yoga</b> Alessandra				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		13:00	<b>Trx-kettlebell</b> Chiara	<b>Core</b> Bruschi			13:00	<b>Fusion</b> Brusky	<b>Fit Yoga</b> Alessandra	<b>TurboMet 13.15</b> Miguel	
14:00					14:00				<b>Acquagym</b> 14.00-Monika	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					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				<b>Acquagym</b> 17.15 - Monika	17:00	<b>Tone</b> Ilaria		<b>TurboMet 17.00</b> Chiara	
18:00	<b>Trx-kettlebell</b> Chiara	<b>Easy Tone</b> Alessandra	<b>TurboMet 18.00</b> Ilaria	<b>Acquagym</b> 18.15 - Fede	18:00	<b>Tone</b> Chiara	<b>Fit Pilates</b> Claudia	<b>TurboMet 18.00</b> Miguel	<b>Aquadynamic</b> 18.15 - Stefy	18:00	<b>Conditioning</b> Chiara	<b>Easy Tone</b> Alessandra	<b>TurboMet 18.00</b> Miguel	<b>Aquadynamic</b> 18.15 - Monika
19:00	<b>Conditioning</b> Chiara	<b>Fit Pilates</b> Alessandra		<b>Aquadynamic</b> 19.15 - Fede	19:00	<b>Body Pump</b> Francesco		<b>TurboMet 19.00</b> Giulio	<b>Acquagym</b> 19.15 - Monika	19:00	<b>Trx-kettlebell</b> Chiara	<b>Fit Yoga</b> Alessandra		<b>Acquagym</b> 19.15 - Monika
20:00	<b>Tone</b> Francesco				20:00	<b>Dance Mixx</b> Brusky				20:00				
21:00					21:00					21:00				
22:00					22:00					22:00				
GIOVEDÌ				VENERDÌ				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				<b>Aquadynamic</b> 09.30 - Stefy	09:00	<b>Total Body</b> Alessandra			<b>Acquagym</b> 09.00 - Stefy	09:00				
10:00	<b>Fit Pilates</b> Giorgio				10:00	<b>Fit Yoga</b> Alessandra			<b>Aquadynamic</b> 10.00 - Stefy	10:00				
11:00				<b>Fisioterapia</b> 11.30	11:00				<b>Fisioterapia</b> 11.00	11:00				
12:00					12:00					12:00				
13:00	<b>Body Pump</b> Ilaria	<b>strenght</b> Brusky			13:00	<b>Tone</b> Chiara		<b>TurboMet 13:15</b> Giulio		13:00				
14:00					14:00				<b>Aquadynamic</b> 14.00 -Alan	14:00				
15:00		<b>Fit Yoga</b> Alessandra			15:00					15:00				
16:00					16:00					16:00				
17:00				<b>Aquadynamic</b> 17.15-Fede	17:00			<b>TurboMet 17.00</b> Ilaria	<b>Acquagym</b> 17.15 - Monika	17:00				
18:00			<b>TurboMet 18.00</b> Davide	<b>Acquagym</b> 18.15 - Fede	18:00	<b>Body Pump</b> Ilaria	<b>Fit Yoga</b> Alessandra		<b>Acquagym</b> 18.15 - Monika	00:00	<b>Apertura ore 08.00</b> <b>Chiusura ore 15.00</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>Easy Tone</b> Alessandra			<b>DOMENICA</b>				
20:00	<b>Core</b> Bruschi				20:00	<b>Dance Mixx</b> Brusky				00:00			<b>TurboMet 08.10</b>	
21:00					21:00					00:00				
22:00					22:00					00:00	<b>Aperura ore 08.00</b> <b>Chiusura 13.30</b>			