

LUNEDÌ				MARTEDÌ				MERCLEDÌ			
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			Acquagym 09.30 - Monika	09:00	Fit Pilates Giorgio		Aquadynamic 09.00 - Stefy	09:00	Tone Ilaria		
10:00	Total Boby Alessandra			10:00			Acquagym 10.00 - Stefy	10:00			
11:00	Fit Yoga Alessandra		Fisioterapia 11.30	11:00				11:00			
12:00				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				15:00			Aquadynamic 15.00 - Alan
16:00				16:00				16:00			
17:00	Body Pump Ilaria		TurboMet 17.00 Chiara	17:00			Acquagym 17.15 - Monika	17:00	Tone Ilaria		TurboMet 17.00 Chiara
18:00	Trx-kettlebell Chiara	Easy Tone Alessandra	TurboMet 18.00 Ilaria	18:00	Tone Chiara	Fit Pilates Claudia	TurboMet 18.00 Miguel	18:00	Conditioning Chiara	Easy Tone Alessandra	TurboMet 18.00 Miguel
19:00	Conditioning Chiara	Fit Pilates Alessandra		19:00	Body Pump Francesco		TurboMet 19.00 Giulio	19:00	Trx-kettlebell Chiara	Fit Yoga Alessandra	Aquadynamic 18.15 - Monika
20:00	Tone Francesco			20:00	Dance Mixx Brusky			20:00			Acquagym 19.15 - Monika
21:00				21:00				21:00			
22:00				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		08:00			
09:00			Aquadynamic 09.30 - Stefy	09:00	Total Body Alessandra		Acquagym 09.00 - Stefy	09:00			
10:00	Fit Pilates Giorgio			10:00	Fit Yoga Alessandra		Aquadynamic 10.00 - Stefy	10:00			
11:00			Fisioterapia 11.30	11:00			Fisioterapia 11.00	11:00			
12:00				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				15:00				15:00			
16:00				16:00				16:00			
17:00			Aquadynamic 17.15-Fede	17:00		TurboMet 17.00 Ilaria	Acquagym 17.15 - Monika	17:00			
18:00		TurboMet 18.00 Davide	Acquagym 18.15 - Fede	18:00	Body Pump Ilaria	Fit Yoga Alessandra	Acquagym 18.15 - Monika	00:00	Apertura ore 08.00 Chiusura ore 15.00		
19:00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 Miguel	19:00	Tone Ilaria	Easy Tone Alessandra		DOMENICA			
20:00	Core Bruschi			20:00	Dance Mixx Brusky			00:00		TurboMet 08.10	
21:00				21:00				00:00			
22:00				22:00				00:00	Aperura ore 08.00 Chiusura 13.30		