

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		07:00		TurboMet 7.10		07:00		TurboMet 7.10	
09:00	Fit lady Chiara		Acquagym 09.30 - Monika	09:00	Fit Pilates Giorgio		Aquadynamic 09.00 - Stefy	09:00	Tone Ilaria		
10:00	Piloga Claudia			10:00		GINNASTICA POSTURALE	Acquagym 10.00 - Stefy	10:00			
11:00			Fisioterapia 11.30	11:00				11:00			
12:00				12:00	Chiara			12:00			
13:00	Dance Mixx Brusky	Fit Pilates Claudia	TurboMet 13.15	13:00	Functional Training Cardio Addome	Core Brusky		13:00	Fusion Brusky	Fit Yoga Alessandra	TurboMet 13.15
14:00				14:00			Acquagym 14.00-Monika	14:00			
15:00			Aquadynamic 15.00 - Alan	15:00		Fit Yoga Alessandra	Acquatherapy 15.00 Monika	15:00			Aquadynamic 15.00 - Alan
16:00		GINNASTICA POSTURALE		16:00				16:00			Acquatherapy 16.00- Alan
17:00	Body Pump Ilaria		TurboMet 17.00	17:00		TurboMet 17.00	Turboacqua 17.15 - Monika	17:00	Tone Ilaria		TurboMet 17.00
18:00	Functional Training Cardio Addome		TurboMet 18.00	18:00	Tone Chiara	Cardio Addome Fit Pilates Claudia	TurboMet 18.00	Turboacqua 18.15 - Stefy	18:00	Conditioning Chiara	TurboMet 18.00
19:00	Conditioning Chiara	Cardio Step Alessandra	TurboMet 19.00	19:00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00	Acquagym 19.15 - Monika	19:00	Functional Training Cardio Addome	TurboMet 19.00
20:00	Tone Francesco	Fit Pilates Alessandra		20:00	Dance Mixx Brusky				20:00	Body Pump Ilaria	
21:00	Salsa portoricana			21:00					21:00	Salsa Cubana principiante	
22:00	liv Intermedio			22:00					22:00	Kizomba Intermedio	
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		07:00		TurboMet 7.10		08:00		TurboMet 8.10	
09:00	Fit Pilates Giorgio		Turboacqua 09.30 - Stefy	09:00	Fit Lady Chiara		Acquagym 09.00 - Stefy	09:00			
10:00			Acquatherapy 10.30 - Stefy	10:00	Piloga Claudia	GINNASTICA POSTURALE	Aquadynamic 10.00 - Stefy	10:00	Body Pump Ilaria		Jollywaterclass 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	Strength60 Brusky		13:00	Tone Chiara	Fit Yoga Alessandra	TurboMet 13:15	13:00	Express Fusion Brusky		
14:00				14:00			Aquadynamic 14.00 -Alan	14:00			
15:00		Fit Yoga Alessandra		15:00			Turboacqua 15.00 -Alan	15:00			
16:00		GINNASTICA POSTURALE		16:00				16:00			
17:00			TurboMet 17.00	17:00			TurboMet 17.00	17:00			
18:00	Tone Chiara	Cardio Addome Fit Pilates Donatella	TurboMet 18.00	18:00	Body Pump Ilaria	Cardio Addome Fit Yoga Alessandra	TurboMet 18.00	18:00	Apertura ore 08.00 Chiusura ore 19.00		
19:00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00	19:00	Tone Ilaria	Cardio Step Alessandra	Acquadynamic 18.15 - Monika	DOMENICA			
20:00	Core Brusky			20:00	Dance Mixx Brusky			00:00		TurboMet 08.10	
21:00	Bachata liv principiante			21:00				00:00	Jolly Class 10.30		
22:00	Salsa portoricana liv. principiante			22:00				00:00	Aperura ore 08.00 Chiusura 18.00		