

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		
9:00	Fit lady Chiara		Acquagym 09.30 - Monika	9:00	Fit Pilates Giorgia		Aquadynamic 09.00 - Stefyl	9:00	Tone Ilaria			
10:00	Piloga Claudia			10:00		GINNASTICA POSTURALE	Acquagym 10.00 - Stefyl	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				
17:00	Body Pump Ilaria		TurboMet 17.00 Chiara	17:00		TurboMet 17.00 Alan	Turboacqua 17.15 - Monika	17:00	Tone Ilaria		TurboMet 17.00 Chiara	Acquatherapy 17.00 Brusky
18:00	Functional Training Cardio Addome	Cardio Step Alessandra	TurboMet 18.00 Ilaria	18:00	Tone Chiara	Cardio Addome Fit Pilates Claudia	TurboMet 18.00 Miguel	18:00	Conditioning Chiara		TurboMet 18.00 Miguel	Aquadynamic 18.15 - Monika
19:00	Conditioning Chiara	Fit Pilates Alessandra	TurboMet 19.00 Ilaria	19:00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00 Giulio	19:00	Functional Training Cardio Addome	Cardio Step Alessandra	TurboMet 19.00 Ilaria	Acquatherapy 19.15 - Monika
20:00	Tone Francesco			20:00	Dance Mixx Brusky			20:00	Body Pump Ilaria	Fit Yoga Alessandra		
21:00	Salsa portoricana liv Intermedio			21:00				21:00	Salsa Cubana principiante			
22:00				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		8:00		TurboMet 8.10		
9:00	Fit Pilates Giorgia		Turboacqua 09.30 - Stefyl	9:00	Fit Lady Chiara		Acquagym 09.00 - Stefyl	9:00				
10:00			Acquatherapy 10.30 - Stefyl	10:00	Piloga Claudia	GINNASTICA POSTURALE	Aquadynamic 10.00 - Stefyl	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 Chiara	Aquadynamic 17.15-Fede	17:00		TurboMet 17.00 Ilaria	Acquagym 17.15 - Monika	17:00				
18:00	Tone Chiara	Cardio Addome Fit Pilates Donatella	TurboMet 18.00 Davide	18:00	Body Pump Ilaria	Cardio Addome Fit Yoga Alessandra	TurboMet 18.00 Alan	18:00	Apertura ore 08.00 Chiusura ore 19.00			
19:00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00 Miguel	19:00	Tone Ilaria	Cardio Step Alessandra		DOMENICA				
20:00	Core Brusky			20:00	Dance Mixx Brusky			0:00		TurboMet 08.10		
21:00	Bachata liv principiante			21:00				0:00	Jolly Class 10.30			
22:00	Salsa portoricana liv. principiante			22:00				0:00	Aperura ore 08.00 Chiusura 18.00			