

LUNEDÌ					MARTEDÌ					MERCOLEDÌ				
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
			TurboMet 7.10 Alan					TurboMet 7.10 Chiara					TurboMet 7.10 Mattia	
09.00	Fit lady Chiara			Acquagym 09.30 - Monika	09.00	Fit Pilates Giorgio			Aquadynamic 09.00 - Stefy	09.00	Tone Chiara			
10.00	Piloga Claudia			Postural Water 10.30- Monika	10.00				Acquagym 10.00 - Stefy	10.00				
11.00				Fisioterapia 11.30	11.00					11.00				
12.00					12.00					12.00				
13.00	Cardio Sculpt Brusky	Fit Pilates Claudia	TurboMet 13.15 Alan		13.00	Functional Tr. Cardio Addome	Core Brusky			13.00	Power Sculpt Brusky	Fit Yoga Alessandra	TurboMet 13.15 Mattia	
14.00					14.00				Acquagym 14.00- Mattia	14.00				
15.00				Aquadynamic 15.00- Stefy	15.00		Fit Yoga Alessandra			15.00				Aquadynamic 15.00- Mattia
16.00					16.00					16.00				
17.00	Body Pump Ilaria		TurboMet 17.00 Chiara	Turboacqua 17.15 - Stefy	17.00			TurboMet 17.00 Mattia	Turboacqua 17.15 - Monika	17.00	Tone Ilaria		TurboMet 17.00 Chiara	Postural Water 17.00 Brusky
18.00	Functional Tr. Cardio Addome	Cardio Step Alessandra	TurboMet 18.00 Ilaria	Acquagym 18.15 - Monika	18.00	Tone Chiara	Cardio Addome Claudia	TurboMet 18.00 Davide	Turboacqua 18.15 - Monika	18.00	Conditioning Chiara	Cardio Step Alessandra	TurboMet 18.00 Alan	Aquadynamic 18.15 - Stefy
19.00	Conditioning Chiara	Fit Pilates Alessandra	TurboMet 19.00 Ilaria	Aquadynamic 19.15 - Monika	19.00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00 Giulio	Acquagym 19.15 - Monika	19.00	Functional Tr. Cardio Addome	Fit Yoga Alessandra	TurboMet 19.00 Ilaria	
20.00	Tone Francesco				20.00	Cardio Sculpt Brusky				20.00	Body Pump Ilaria			
21.00	Salsa Portoricana Livello Intermedio				21.00					21.00	Salsa Cubana Liv. Principiante			
22.00					22.00					22.00	Kizomba Intermedio			
GIOVEDÌ					VENERDÌ					SABATO				
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
			TurboMet 7.10 Giulio					TurboMet 7.10 Davide					TurboMet 8.10	
09.00	Fit Pilates Giorgio			Turboacqua 09.30 - Mattia	09.00	Fit Lady Chiara			Acquagym 09.00 - Stefy	09.00				
10.00					10.00	Piloga Claudia			Aquadynamic 10.00 - Stefy	10.00	Body Pump Ilaria			
11.00				Fisioterapia 11.30	11.00				Fisioterapia 11.00	11.00				
12.00					12.00					12.00				
13.00	Body Pump Francesco	Sculpt Brusky			13.00	Tone Francesco	Fit Yoga Alessandra	TurboMet 13:15 Giulio		13.00	Cardio Power Sculpt 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					16.00					16.00				
17.00			TurboMet 17.00 Fede	Aquadynamic 17.15 - Monika	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	Acquagym 18.15 - Monika	18.00	Body Pump Ilaria	Cardio Addome Fit Yoga Alessandra	TurboMet 18.00 Alan	Aquadynamic 18.15 - Monika	18.00	Apertura ore 08.00 Chiusura ore 19.00			
19.00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00 Fede	Turboacqua 19.15 - Mattia	19.00	Cardio Sculpt Brusky	Cardio Step Alessandra			08.00	DOMENICA			
20.00	Core Brusky				20.00					10.00			TurboMet 08.10	
21.00	Bachata Liv. Principiante				21.00						Jolly Class 10.30			
22.00	Salsa Portoricana Liv. Principiante				22.00					18.00	Apertura ore 08.00 Chiusura 18.00			