

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 Alan		07:00		TurboMet 7.10 Chiara		07:00		TurboMet 7.10 Mattia	
9:00	Fit lady Chiara		Acquagym 09.30 - Mattia	9:00	Fit Pilates Giorgia		Aquadynamic 09.00 - Stefyl	9:00	Tone Chiara		
10:00	Piloga Claudia			10:00		GINNASTICA POSTURALE		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	Natural Functional Chiara	Core Brusky		13:00	Power Sculpt Brusky	Fit Yoga Alessandra	TurboMet 13.15 Mattia
14:00				14:00				14:00			
15:00			Aquadynamic 15.00 - Alan	15:00		Fit Yoga Alessandra		15:00			Aquadynamic 15.00 - Mattia
16:00		GINNASTICA POSTURALE		16:00				16:00			
17:00	Body Pump Ilaria		TurboMet 17.00 Chiara	17:00				17:00		TurboMet 17.00 Chiara	Postural Water 17.00 Brusky
18:00	Natural Functional Chiara		TurboMet 18.00 Ilaria	18:00	Tone Chiara	Cardio Addome Fit Pilates Claudia	TurboMet 18.00 Davide	18:00	Conditioning Chiara		TurboMet 18.00 Miguel
19:00	Conditioning Chiara	Cardio Step Alessandra	TurboMet 19.00 Ilaria	19:00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00 Miguel	19:00	Natural Functional Chiara	Cardio Step Alessandra	TurboMet 19.00 Ilaria
20:00	Tone Francesco	Fit Pilates Alessandra		20:00	Cardio Sculpt 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 Giulio		07:00		TurboMet 7.10 Davide		8:00			TurboMet 8.10
9:00	Fit Pilates Giorgia		Turboacqua 09.30 - Mattia	9:00	Fit Lady Chiara		Acquagym 09.00 - Stefyl	9:00			
10:00			Postural Water 10.30 - Brusky	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	Sculpt Brusky		13:00	Tone Ilaria	Fit Yoga Alessandra	TurboMet 13:15 Giulio	13:00	Cardio Power Sculpt Brusky		
14:00				14:00				14:00			
15:00		Fit Yoga Alessandra		15:00				15:00			
16:00		GINNASTICA POSTURALE		16:00				16:00			
17:00			TurboMet 17.00 Chiara	17:00			TurboMet 17.00 Ilaria	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	Aquadynamic 17.15 - Monika	Apertura ore 08.00 Chiusura ore 19.00	
19:00	Body Pump Francesco	Fit Lady Chiara	TurboMet 19.00 Miguel	19:00	Natural Functional Ilaria	Cardio Step Alessandra		19:00		DOMENICA	
20:00	Core Brusky			20:00	Cardio Sculpt Brusky			20:00		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		Apertura ore 08.00 Chiusura 13.30	