

LUNEDÌ				MARTEDÌ				MERCOLEDÌ			
Sala 1	Sala 2	Sala 3	Piscina	Sala 1	Sala 2	Sala 3	Piscina	Sala 1	Sala 2	Sala 3	Piscina
		TurboMet 7.10 Alan				TurboMet 7.10 Chiara				TurboMet 7.10 Enrico	
07.00				07.00				07.00			
09.00	Fit lady Chiara		Acquagym 09.30 - Monika	09.00	Fit Pilates Claudia		Aquadynamic 09.00 - Stefy	09.00			
10.00	Piloga Claudia		Postural Water 10.30- Monika	10.00			Acquagym 10.00 - Stefy	10.00	Tone Chiara		
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 Ilaria	13.00	Functional Tr. Cardio Addome	Core Brusky	TurboMet 13.15 Simone	13.00	Power Sculpt Brusky	Fit Yoga Alessandra	TurboMet 13.15 Enrico
14.00				14.00				14.00			
15.00			Aquadynamic 15.00- Stefy	15.00		Fit Yoga Alessandra		15.00			Acquagym 15.00 - Silvia
16.00				16.00				16.00			
17.00	Body Pump Ilaria		TurboMet 17.00 Chiara	17.00				17.00	Tone Ilaria		TurboMet 17.00 Alan
18.00	Functional Tr. Cardio Addome		TurboMet 17.45 Davide	18.00	Tone Chiara		TurboMet 18.00 Giulio	18.00	Conditioning Chiara		TurboMet 17.45 Alan
19.00	Conditioning Chiara	Cardio Step Alessandra	Acquagym 18.15 - Monika	19.00	Body Pump Francesco	Fit Pilates Claudia	TurboMet 18.45 Giulio	19.00	Functional Tr. Cardio Addome	Cardio Step Alessandra	Acquadynamic 18.15 - Stefy
20.00	Tone Francesco	Fit Pilates Alessandra	Aquadynamic 19.15 - Monika	20.00	Cardio Sculpt Brusky	Fit Lady Chiara		20.00	Body Pump Ilaria	Fit Yoga Alessandra	
21.00	Salsa Portoricana			21.00				21.00	Salsa Cubana Liv. Principiante		
22.00	Livello 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
		TurboMet 7.10 Giulio		07.00		TurboMet 7.10 Giulio		08.00		TurboMet 8.10	
07.00				07.00				08.00			
09.00	Fit Pilates Claudia		Turboacqua 09.30 - Stefy	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 Ilaria	Sculpt Brusky	TurboMet 13.15 Giulio	13.00	Tone Francesco	Fit Yoga Alessandra	TurboMet 13:15 Davide	13.00	Cardio Power Sculpt Brusky		
14.00				14.00				14.00			
15.00		Fit Yoga Alessandra		15.00				15.00			
16.00				16.00				16.00			
17.00			Aquadynamic 17.15 - Monika	17.00			TurboMet 17.00 Enrico	17.00			
18.00	Tone Chiara		Acquagym 18.15 - Monika	18.00	Body Pump Ilaria	Fit Yoga Alessandra	TurboMet 17.45 Enrico	18.00	Apertura ore 08.00 Chiusura ore 19.00		
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 18.45 Ilaria	19.00	Cardio Sculpt Brusky	Cardio Step Alessandra		18.00	DOMENICA		
20.00	Core Brusky	Fit Lady Chiara	Turboacqua 19.15 - Monika	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 13.30		