

LUNEDÌ					MARTEDÌ					MERCOLEDÌ				
Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina	
06.30		TurboMet 6.45 Alan		06.30			TurboMet 6.45 Chiara		06.30			TurboMet 6.45 Enrico		
09.00	Fit lady Chiara			09.00	Fit Pilates Claudia			Aquadynamic 09.00 - Stefy	09.00					
10.00			Acquagym 09.30 - Monika	10.00				Acquagym 10.00 - Stefy	10.00	Tone Chiara				
11.00	Piloga Claudia		Postural Water 10.30 - Monika	11.00					11.00					
12.00			Fisioterapia 11.30	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				Acquagym 14.00 - Eleonora	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				Turboacqua 17.15 - Monika	17.00	Tone Ilaria		TurboMet 17.00 Alan	Postural Water 17.00 Brusky	
18.00	Functional Tr. Cardio Addome	Cardio Step Alessandra	TurboMet 17.45 Davide	18.00	Tone Chiara	Fit Pilates Claudia	TurboMet 18.00 Giulio	Turboacqua 18.15 - Monika	18.00	Conditioning Chiara		TurboMet 17.45 Alan	Aquadynamic 18.15 - Stefy	
19.00	Conditioning Chiara	Fit Pilates Alessandra		19.00	Body Pump Francesco	Fit Lady Chiara	TurboMet 18.45 Giulio	Acquagym 19.15 - Monika	19.00	Functional Tr. Cardio Addome	Cardio Step Alessandra			
20.00	Tone Francesco			20.00	Cardio Sculpt Brusky				20.00	Body Pump Ilaria	Fit Yoga Alessandra			
21.00	Salsa Portoricana			21.00					21.00	Salsa Cubana Liv. Principiante				
22.30				22.30					22.30	Kizomba				
GIOVEDÌ					VENERDÌ					SABATO				
Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina	
06.30		TurboMet 6.45 Giulio		06.00			TurboMet 6.45 Giulio		08.00			TurboMet 8.10		
09.00	Fit Pilates Claudia			09.00	Fit Lady Chiara			Acquagym 09.00 - Stefy	09.00					
10.00			Turboacqua 09.30 - Stefy	10.00				Aquadynamic 10.00 - Stefy	10.00	Body Pump Ilaria				
11.00			Fisioterapia 11.30	11.00	Piloga Claudia			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				Aquadynamic 14.00 - Monika	14.00					
15.00		Fit Yoga Alessandra		15.00				Turboacqua 15.00 - Monika	15.00					
16.00				16.00					16.00					
17.00			Aquadynamic 17.15 - Monika	17.00			TurboMet 17.00 Enrico	Acquagym 17.15 - Eleonora	17.00					
18.00	Tone Chiara		TurboMet 18.00 Ilaria	18.00	Body Pump Ilaria	Cardio Step Alessandra	TurboMet 17.45 Enrico	Acquagym 18.15 - Eleonora	19.00	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	Fit Yoga Alessandra			DOMENICA					
20.00	Core Brusky	Fit Lady Chiara		20.00					08.00			TurboMet 08.10		
21.00	Bachata Liv. Principiante			21.00					10.00					
22.30	Salsa Portoricana			22.30					18.00	Jolly Class 10.30				
										Apertura ore 08.00 Chiusura 18.00				