

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 Enrico	
09.00	Fit lady Chiara			Acquagym 09.30 - Monika	09.00	Fit Pilates Claudia			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 Ilaria		13.00	Natural Functional Chiara	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	Turboacqua 17.15 - Stefy	17.00				Turboacqua 17.15 - Monika	17.00	Tone Ilaria		TurboMet 17.00 Alan	Postural Water 17.00 - Brusky
18.00	Natural Functional Chiara	Cardio Step Alessandra	TurboMet 17.45 Davide	Acquagym 18.15 - Monika	18.00	Tone Chiara	Fit Pilates Claudia	TurboMet 18.00 Giulio	Turboacqua 18.15 - Monika	18.00	Conditioning Chiara	Cardio Step Alessandra	TurboMet 17.45 Alan	Acquadynamic 18.15 - Stefy
19.00	Conditioning Chiara	Fit Pilates Alessandra		Aquadynamic 19.15 - Monika	19.00	Body Pump Francesco	Fit Lady Chiara	TurboMet 18.45 Giulio	Acquagym 19.15 - Monika	19.00	Natural Functional Chiara	Fit Yoga Alessandra		
20.00	Tone Francesco				20.00	Cardio Sculpt Brusky				20.00	Body Pump Ilaria			
21.00					21.00					21.00				
22.00					22.00					22.00				
GIOVEDÌ					VENERDÌ					SABATO				
07.00	Sala 1	Sala 2	Sala 3	Piscina	07.00	Sala 1	Sala 2	Sala 3	Piscina	08.00	Sala 1	Sala 2	Sala 3	Piscina
			TurboMet 7.10 Giulio		07.00			TurboMet 7.10 Giulio		08.00			TurboMet 8.10	
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				
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				
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	Fit Pilates Donatella	TurboMet 18.00 Ilaria	Acquagym 18.15 - Monika	18.00	Body Pump Ilaria	Fit Yoga Alessandra	TurboMet 17.45 Enrico	Acquagym 18:15 - Eleonora	18.00	Apertura ore 08.00 - Chiusura ore 15.00 SPA E TERMARIO : 10:00 - 14:00			
19.00	Body Pump Francesco	Fit Lady Chiara	TurboMet 18.45 Ilaria	Turboacqua 19.15 - Monika	19.00	Cardio Sculpt Brusky				DOMENICA				
20.00	Core Brusky				20.00					08.00			TurboMet 08.10	
21.00					21.00					10.00				
22.00					22.00					18.00	Apertura ore 08.00 - Chiusura ore 13.30 SPA E TERMARIO : 10:00 - 13:00			