

LUNEDÌ					MARTEDÌ					MERCOLEDÌ				
Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina	
08.00		TurboMet 6.45 Alan		08.00			TurboMet 7.00 Chiara		08.00			TurboMet 6.45 Enrico		
09.00	Fit lady Chiara			09.00	Fit Pilates Claudia				09.00					
10.00			Acquaavm 09.30 - Monika	10.00					10.00	Acquagym 09.00 - Eleonora				
11.00	Piloga Claudia		Postural Water 10.30 - Monika	11.00					11.00	Acquaavm 10.00 - Eleonora				
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					14.00	Acquaavm 14.00 - Eleonora				
15.00				15.00		Fit Yoga Alessandra			15.00				Acquaavm 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	Postural Water 17.00 Brusky	
18.00	Functional Tr. Cardio Addome		TurboMet 18.00	18.00	Tone Chiara		TurboMet 18.00	Turboacqua 18.15 - Monika	18.00	Conditioning Chiara		TurboMet 18.00 Simone	Aquadynamic 18.15 - Stefy	
19.00	Conditioning Chiara	Cardio Step Alessandra	TurboMet 19.15 Davide	19.00	Body Pump Francesco	Fit Pilates Claudia	TurboMet 19.00 Giulio	Acquagym 19.15 - Monika	19.00	Functional Tr. Cardio Addome	Cardio Step Alessandra	TurboMet 19.15 Ilaria		
20.00	Tone Francesco	Fit Pilates Alessandra		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. Intermedio	Salsa Cubana Liv. Intermedio			
22.00				22.00					22.00					
GIOVEDÌ					VENERDÌ					SABATO				
Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina	
08.00		TurboMet 7.00 +		08.00			TurboMet 6.45 Simone		08.00			TurboMet 8.10		
09.00	Fit Pilates Claudia			09.00	Fit Lady Chiara				09.00					
10.00			Turboacqua 09.30 - Stefy	10.00					10.00	Body Pump Ilaria				
11.00				11.00	Piloga Claudia				11.00					
12.00			Fisioterapia 11.30	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 Simone		13.00	Cardio Power Sculpt Brusky				
14.00				14.00					14.00	Aquadynamic 14.00 - Monika				
15.00		Fit Yoga Alessandra		15.00					15.00	Turboacqua 15.00 - Monika				
16.00				16.00					16.00					
17.00				17.00			TurboMet 17.00 Ilaria	Acquagym 17.15 - Eleonora	17.00					
18.00	Tone Chiara		TurboMet 18.00 Ilaria	18.00	Body Pump Ilaria	Cardio Step Alessandra	TurboMet 18.00 Giulio	Acquagym 18.15 - Eleonora	18.00	Apertura ore 08.00 Chiusura ore 19.00				
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00 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 Salsa Portoricana	Bachata Liv. Principiante Salsa Portoricana		21.00					10.00	Jolly Class 10.30				
22.00				22.00					18.00	Apertura ore 08.00 Chiusura 18.00				