

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 7.00 Chiara		06.30			TurboMet 6.45 Enrico		
09.00	Fit lady Chiara			09.00	Fit Pilates Claudia			Acquagym 09.00 - Eleonora	09.00		Tone Chiara			
10.00			Acquagym 09.30 - Monika	10.00				Acquagym 10.00 - Eleonora	10.00					
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 Ilaria		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		TurboMet 18.00 Davide	18.00	Tone Chiara	Fit Pilates Claudia	TurboMet 18.00 Enrico	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. principianti			
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	
06.30		TurboMet 7.00 Giulio		06.30			TurboMet 6.45 Giovanni		08.00			TurboMet 8.10		
09.00	Fit Pilates Claudia			09.00	Fit Lady Chiara			Aquadynamic 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 Giulio		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 Ilaria	Acquagym 17.15 - Eleonora	17.00					
18.00	Tone Chiara	Fit Pilates Donatella	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 Lady Chiara	TurboMet 19.00 Ilaria	19.00	Cardio Sculpt Brusky				DOMENICA					
20.00	Core Brusky	Bachata Liv. Principiante		20.00					08.00			TurboMet 08.10		
21.00	Bachata Liv. Principiante			21.00					10.00					
22.00	Salsa Portoricana			22.00					18.00	Apertura ore 08.00 Chiusura 18.00				