

LUNEDI'				MARTEDI'				MERCOLEDI'						
	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		06.30			TurboMet 7.00		06.30			TurboMet 6.45	
09.00	Fit lady Chiara				08.30	Fit Pilates Claudia				09.00				
10.00				Acquagym 09.30 - Monika	10.00				Turboacqua 09.00 - Eleonora	10.00	Tone Chiara			
11.00	Piloga Claudia				11.00				Turboacqua 10.00 - Eleonora	11.00				
12.00				Fisioterapia 11.30	12.00					12.00				
13.00	Cardio Sculpt Brusky	Fit Pilates Claudia	TurboMet 13.15		13.00	Desmotec Training 13:15 Chiara	VitalSculpt Brusky	TurboMet 13.15		13.00	Power Sculpt Brusky	Fit Yoga Alessandra	TurboMet 13.15	
14.00					14.00				Acquagym 14.00- Jessica	14.00				
15.00				Aquadynamic 15.00- Stefy	15.00		Fit Yoga Alessandra			15.00				Acquagym 15.00 - Jessica
16.00					16.00					16.00				
17.00	Body Pump Jessica		TurboMet 17.00	Turboacqua 17.15 - Stefy	17.00				Turboacqua 17.15 - Monika	17.00	Body Pump Jessica		TurboMet 17.00	
18.00	Desmotec Traning		TurboMet 18.00	Acquagym 18.15 -Monika	18.00	Tone Chiara	Fit Pilates Claudia	TurboMet 18.00	Turboacqua 18.15 - Monika	18.00	Conditioning Chiara		TurboMet 18.00	Aquadynamic 18.15 - Stefy
19.00	Desmotec Traning	Cardio Step Alessandra	TurboMet 19.15	Acquagym 19.15 - Monika	19.00	Body Pump Francesco	Fit Pilates Claudia	TurboMet 19.00	Acquagym 19.15 - Monika	19.00	Desmotec Traning	Cardio Step Alessandra	TurboMet 19.15	
20.00	Conditioning Chiara	Fit Pilates Alessandra			20.00	Cardio Sculpt Brusky	Fit Lady Chiara			20.00	Desmotec Traning	Fit Yoga Alessandra		
21.00	Tone Francesco				21.00					21.00	Body Pump Jessica	Salsa Cubana Liv.principianti		
22.00	Salsa Portoricana				22.00					22.00	Salsa Cubana Liv. Intermedio			
GIOVEDI'				VENERDI'				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		06.30			TurboMet 6.45		08.00			TurboMet 8.10	
08.30	Fit Pilates Claudia				09.00	Fit Lady Chiara			Aquadynamic 09.00 - Stefy	09.00				
10.00				Turboacqua 09.30 - Stefy	10.00				Acquagym 10.00 - Stefy	10.00	Body Pump Jessica			
11.00					11.00	Piloga Claudia			Fisioterapia 11.00	11.00				
12.00				Fisioterapia 11.30	12.00					12.00				
13.00	Body Pump Francesco	Sculpt Brusky	TurboMet 13.15		13.00	Tone Francesco	Fit Yoga Alessandra	TurboMet 13:15		13.00	Cardio Power Sculpt Brusky			
14.00					14.00				Turboacqua 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 - Jessica	17.00			TurboMet 17.00	Turboacqua 17.15 - Monika	17.00				
18.00	Tone Chiara	Fit Pilates Donatella	TurboMet 18.00	Turboacqua 18.15 - Eleonora	18.00	Body Pump Jessica	Cardio Step Alessandra	TurboMet 18.00	Acquagym 18.15 - Monika	18.00	Apertura ore 08.00 Chiusura ore 19.00			
19.00	Body Pump Francesco	Fit Pilates Donatella	TurboMet 19.00	Turboacqua 19.15 - Eleonora	19.00	VitalSculpt Brusky	Fit Yoga Alessandra			DOMENICA				
20.00	CardioSculpt Brusky	Fit Lady Chiara			20.00					08.00			TurboMet 08.10	
21.00	Bachata Liv. Principiante	Bachata Liv. Principiante			21.00					10.00				
22.00	Salsa Portoricana				22.00					18.00	Jolly Class 10.30			
											Apertura ore 08.00 chiusura ore 18.00			