

LUNEDI'					MARTEDI'					MERCOLEDI'				
	Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina
7.30					8.30					7.30				
9.00	easy tone maria			acquagym 09,30 monika	9.00	pilates maria			acquagym 09,30 stefy	9.00	easy tone maria			
10.00	yogaflex maria			acquasoft/mamma 10,30 monika	10.00					10.00				
11.00					11.00				Postural Water	11.00				
12.00					12.00					12.00				
13.00	dance mixx brusky	pilates giorgio		acquagym 13,00 monika	13.00	kettlebell chiara	zumba sabrina	cross training Manuel	acquagym 13,00 monika	13.00	tusion brusky	yogaflex manuel		
14.00					14.00				acquagym 14,00 monika	14.00				
15.00				acquagym 15,00 stefy	15.00		yogaflex manuel			15.00				acquagym 15,00 monika
16.00					16.00					16.00				
17.00		posturale vania		nuoto bimbi (3-6) 17,15 stefy + silvia	17.00				nuoto bimbi (7-14) 17,15 stefy + silvia	17.00				nuoto bimbi (3-14) 16,15 monika + anna
18.00	kettlebell chiara	easy tone maria		acquagym 18,15 stefy	18.00	trx chiara	pilates&flex giorgio	cross training Manuel	acquagym 18,15 stefy	18.00	kettlebell chiara	easy tone maria		nuoto bimbi (3-6) 17,15 monika + anna
19.00	zumba Brasil sabrina	pilates maria	cross training Chiara	acquagym 19,15 silvia	19.00	lower body maria			acquagym 19,15 stefy	19.00	tusion brusky	pilates maria	cross training Chiara	acquagym 18,15 monika
20.00	fit combat cristian	country/prin. brusky			20.00	dance mixx brusky			acquagym 20,15 anna	20.00	fit combat cristian			
21.00					21.00					21.00				
22.00					22.00					22.00				
GIOVEDI'					VENERDI'					SABATO				
	Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina
8.30					8.30					8.30				
9.00	pilates maria			acquagym 09,30 stefy	9.00	easy tone manuel			acquagym 09,30 stefy	9.00				acquagym 09,30
10.00				acquasoft/mamma 10,30 stefy	10.00	yogaflex manuel				10.00				
11.00				Postural Water 11,30	11.00				Postural Water	11.00				
12.00					12.00					12.00				
13.00		stretch.din. manuel	cross training chiara	acquagym 13,00 stefy	13.00	trx chiara	strenght45 brusky			13.00				
14.00		yogaflex manuel			14.00				acquagym 14,00 monika	14.00				
15.00					15.00					15.00				
16.00					16.00					16.00				
17.00		posturale vania		nuoto bimbi (7-14) 17,15 stefy + silvia	17.00					17.00				
18.00	trx chiara	pilates maria	cross training manuel	acquagym 18,15 stefy	18.00	stretch.din. manuel	zumba Brasil sabrina	cross training chiara	acquagym 18,15 monika	20.00	chiusura ore 14,00			
19.00	zumba sabrina	lower body maria	manuel	acquagym 19,15 monika	19.00	strenght45 brusky				DOMENICA				
20.00	country/int. bruski			acquagym 20,15 monika	20.00	dance mixx brusky				10.30				
21.00					21.00									
22.00					22.00						chiusura ore 13:30			