

LUNEDI'					MARTEDI'					MERCOLEDI'				
	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	easy tone silvia			acquagym 09,30 monika	9.00	pilates maria	posturale vania		acquagym 09,30 stefy	9.00	easy tone maria			
10.00	yoga silvia			acquasoft/mamma 10,30 monika	10.00		posturale vania			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 anna	13.00	kettlebell chiara	total body Alessandra	cross training F	acquagym 13,00 monika	13.00	tusion brusky	Kiropratik Alessandra		
14.00					14.00				acquagym 14,00 monika	14.00				
15.00				acquagym 15,00 stefy	15.00		yoga Alessandra			15.00				acquagym 15,00 monika
16.00					16.00					16.00				
17.00	babydance sabrina	posturale vania		nuoto bimbi (3-6) 17,15 stefy + silvia	17.00		tree style bimbi		nuoto bimbi (3-6) 16,15 stefy + anna	17.00	samba bimbi			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		acquagym 18,15 stefy + anna	18.00	kettlebell chiara	easy tone maria		nuoto bimbi (3-6) 17,15 Monika + anna
19.00	zumba sabrina	pilates maria	cross training C	acquagym 19,15 silvia	19.00	lower body maria		cross training F	acquagym 19,15 stefy	19.00	total body Alessandra	pilates maria	cross training C	acquagym 18,15 Monika
20.00	fit combat	country/inter brusky		nuoto adulti 20,15 anna	20.00	dance mixx brusky	break dance adulti	cross training F	acquagym 19,15 stefy	19.00	fit comabat			
21.00	cristian salsa portoricana liv.inter/avan				21.00	TANGO			acquagym 20,15 anna	20.00	cristian			
22.00					22.00	ARGENTINO				21.00	samba	samba		
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 silvia	posturale vania		acquagym 09,30 stefy	9.00				acquagym 09,30 anna
10.00		alice/ict		acquasoft/mamma 10,30 stefy	10.00	yoga silvia	posturale vania			10.00				
11.00				Postural Water 11,30	11.00				Postural Water	11.00				
12.00					12.00					12.00				
13.00	total body Alessandra	gim Chiara	cross training F	acquagym 13,00 anna	13.00	trx chiara	strenght45 brusky			13.00	express tusion brusky			
14.00					14.00				acquagym 14,00 monika	14.00				
15.00		yoga Alessandra			15.00					15.00				
16.00				nuoto bimbi (7-14) 16,15 stefy + silvia	16.00				nuoto bimbi (3-14) 16,15 silvia + anna	16.00	ORARIO VALIDO A PARTIRE DA LUNEDI' 18 SETTEMBRE			
17.00	babydance sabrina	posturale vania		nuoto bimbi (7-14) 17,15 stefy + silvia	17.00		tree style bimbi		nuoto bimbi (3-14) 17,15 silvia + anna	17.00				
18.00	trx chiara	pilates maria	cross training F	acquagym 18,15 stefy	18.00	kiropratik Alessandra	gim chiara	cross training C	acquagym 18,15 anna	19.00	chiusura ore 19.00			
19.00	zumba sabrina	lower body maria	cross training F	acquagym 19,15 monika	19.00	total body Alessandra				DOMENICA				
20.00	country/princ bruski	samba		acquagym 20,15 monika	20.00	dance mixx brusky	break dance adulti			10.30	jolly class			
21.00	salsa portoricana liv. princip				21.00									
22.00						22.00				18.00	chiusura ore 18.00			