

LUNEDI'				
	Sala 1	Sala 2	Sala 3	Sala 4
07.30				
09.00	09.30 EASY TONE			9.30 ACQUAGYM
10.00	10.30 YOGA			10.30 ACQUASOFT/MAMMA
11.00				
12.00				
13.00	DANCE MIXX	PILATES		ACQUAGYM
14.00				
15.00				ACQUAGYM
16.00				
17.00	BABYDANCE	GINNASTICA POSTURALE		17.15 Nuoto Bimbi (3-6)
18.00	KETTLEBELL	18.30 EASY TONE		18.15 ACQUAGYM
19.00	ZUMBA	19.30 PILATES	CROSS TRAINING	19.15 ACQUAGYM
20.00	FIT COMBAT	20.30 COUNTRY INTER.		20.15 NUOTO ADULTI
21.00	SALSA PORTORICANA LIV.INTER./AVANZATO			
22.00				

MARTEDI'				
	Sala 1	Sala 2	Sala 3	Sala 4
08.30				
09.00	09.30 PILATES	GINNASTICA POSTURALE		9.30 ACQUAGYM
10.00		GINNASTICA POSTURALE		
11.00				POSTURAL WATER
12.00				
13.00	KETTLEBELL	TOTAL BODY	CROSS TRAINING	ACQUAGYM
14.00				ACQUAGYM
15.00		YOGA		
16.00				16.15 Nuoto Bimbi (3-6)
17.00		FREE STYLE BIMBI		17.15 Nuoto Ragazzi (7-14)
18.00	TRX	18.30 PILATES & FLEX	18.00 CROSS TRAINING	18.15 ACQUAGYM
19.00	LOWER BODY		19.00 CROSS TRAINING	19.15 ACQUAGYM
20.00	DANCE MIXX	BREAK DANCE ADULTI		20.15 ACQUAGYM
21.00	TANGO ARGENTINO			
22.00				

MERCOLEDI'				
	Sala 1	Sala 2	Sala 3	Sala 4
07.30				
09.00	09.30 EASY TONE			
10.00				
11.00				
12.00				
13.00	FUSION	KIROPRATIC		
14.00				
15.00				ACQUAGYM
16.00				16.15 Nuoto Bimbi (3-14)
17.00	SAMBA BIMBI			17.15 Nuoto Bimbi (3-6)
18.00	KETTLEBELL	18.30 EASY TONE		18.15 ACQUAGYM
19.00	TOTAL BODY	19.30 PILATES	CROSS TRAINING	
20.00	FIT COMBAT			
21.00	SAMBA	20.30 SAMBA		
22.00				

GIOVEDI'				
	Sala 1	Sala 2	Sala 3	Sala 4
08.30				
09.00	09.30 PILATES			9.30 ACQUAGYM
10.00				10.30 ACQUASOFT/MAMMA
11.00				11.30 POSTURAL WATER
12.00				
13.00	TOTAL BODY	GFM	CROSS TRAINING	ACQUAGYM
14.00				
15.00		YOGA		
16.00				16.15 Nuoto Ragazzi (7-14)
17.00	BABY DANCE	GINNASTICA POSTURALE		17.15 Nuoto Ragazzi (7-14)
18.00	TRX	PILATES	18.00 CROSS TRAINING	18.15 ACQUAGYM
19.00	ZUMBA	LOWER BODY	19.00 CROSS TRAINING	19.15 ACQUAGYM
20.00	COUNTRY PRINC.			20.15 ACQUAGYM
21.00	SALSA PORTORICANA LIV.PRINCIPIANTI	SAMBA		
22.00				

VENERDI'				
	Sala 1	Sala 2	Sala 3	Sala 4
08.30				
09.00	09.30 EASY TONE	09.30 GINNASTICA POSTURALE		9.30 ACQUAGYM
10.00	10.30 YOGA	10.30 GINNASTICA POSTURALE		
11.00				POSTURAL WATER
12.00				
13.00	TRX	STRENGTH45		
14.00				ACQUAGYM
15.00				
16.00				16.15 Nuoto Bimbi (3-14)
17.00		FREE STYLE BIMBI		17.15 Nuoto Bimbi (3-14)
18.00	KIROPRATIC	18.30 GFM	CROSS TRAINING	18.15 ACQUAGYM
19.00	TOTAL BODY	19.30 BREAK DANCE ADULTI		
20.00	DANCE MIXX			
21.00				
22.00				

SABATO				
	Sala 1	Sala 2	Sala 3	Sala 4
08.30				
09.00				9.30 ACQUAGYM
10.00				
11.00				
12.00				
13.00	EXPRESS			
14.00	FUSION			
15.00				
16.00				
17.00				
18.00				
19.00	CHIUSURA ORE 19.00			
DOMENICA				
09.00				
10.30	JOLLY CLASS			
18.00	CHIUSURA ORE 18.00			