

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	BARYDANCE	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				
17.00		FREE STYLE BIMBI		16.15 Nuoto Bimbi (3-6) 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) 18.15 ACQUAGYM
18.00	KETTLEBELL	18.30 EASY TONE		
19.00	TOTAL BODY	19.30 PILATES	CROSS TRAINING	
20.00	FIT COMBAT	20.30 SAMBA		
21.00	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 13.30			