

LUNEDI'					MARTEDI'					MERCOLEDI'				
	Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina		Sala 1	Sala 2	Sala 3	Piscina
7.30:00					8.30					7.30				
9.00	easy tone silvia			acquagym 09,30 monika	9.00	pilates maria			acquagym 09,30 stefy	9.00	easy tone maria			
10.00	yoga silvia			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	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		posturale vania		nuoto bimbi (3-6) 17,15 stefy + silvia	17.00				nuoto bimbi (7-14) 17,15 stefy + anna	17.00				nuoto bimbi (3-6) 17,15 monika + silvia
18.00	kettlebell chiara	easy tone maria		acquagym 18,15 stefy	18.00	trx chiara	pilates&flex giorgio		acquagym 18,15 stefy	18.00	kettlebell chiara	easy tone maria		acquagym 18,15 monika
19.00	zumba sabrina	pilates maria	cross training C	acquagym 19,15 stefy	19.00	lower body maria		cross training C	acquagym 19,15 stefy	19.00	yoga Alessandra	pilates maria	cross training C	
20.00	fit combat cristian	country/inter 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 silvia			acquagym 09,30 stefy	9.00				acquagym 09,30
10.00				acquasoft/mamma 10,30 stefy	10.00	yoga silvia				10.00				
11.00				Postural Water 11,30	11.00				Postural Water	11.00				
12.00					12.00					12.00				
13.00		gim Chiara	cross training F	acquagym 13,00 stefy	13.00	trx chiara	strenght45 brusky			13.00				
14.00					14.00				acquagym 14,00 monika	14.00				
15.00		yoga Alessandra			15.00					DAL 14 GIUGNO				
16.00		posturale vania			16.00									
17.00				nuoto bimbi (7-14) 17,15 stefy + silvia	17.00									
18.00	trx chiara	pilates maria		acquagym 18,15 stefy	18.00	kiropratik Alessandra	gim chiara		acquagym 18,15 silvia	chiusura ore 14.00				
19.00	zumba sabrina	lower body maria	cross training C	acquagym 19,15 monika	19.00	total body Alessandra								
20.00	country/princ bruski			acquagym 20,15 monika	20.00	dance mixx brusky				9.00				
21.00					21.00									
22.00					22.00					13.30	chiusura ore 13,30			