

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	body workout Alessandra	cross training F	acquagym 13,00 monika	13:00	fusion brusky	yoga 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		posturale vania			16:00				
17:00		posturale vania		nuoto bimbi (7-14) 17,15 stefy + silvia	17:00	free style bimbi			nuoto bimbi (7-14) 17,15 stefy + anna	17:00	samba bimbi			nuoto bimbi (7-14) 17,15 monika + anna
18:00	kettlebell chiara	easy tone maria		acquagym 18,15 stefy	18:00	trx chiara	pilates&flex giorgio	cross training F	acquagym 18,15 stefy	18:00	kettlebell chiara	easy tone maria		acquagym 18,15 monika
19:00	conditioning chiara	pilates maria	cross training C	acquagym 19,15 stefy	19:00	agg maria		cross training F	acquagym 19,15 anna	19:00	Alessandra tit combat	pilates maria	cross training C	
20:00	tit combat cristian	country/inter brusky		nuoto adulti 20,15 stefy	20:00	dance mixx brusky	break dance adulti		acquagym 20,15 anna	20:00	tit combat cristian			
21:00	salsa portoricana				21:00	TANGO				21:00	samba	samba		
22:00	liv.inter/avan				22:00	ARGENTINO				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	posturale vania		acquagym 09,30 stefy	9:00				acquagym 09,30 anna
10:00				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	body workout Alessandra	gfit Chiara	cross training F	acquagym 13,00 anna	13:00	trx chiara	strenght45 brusky		acquagym 14,00 monika	13:00	express fusion brusky			
14:00					14:00					14:00				
15:00		yoga Alessandra			15:00					15:00				
16:00					16:00		posturale vania			16:00				
17:00		posturale vania		nuoto bimbi (7-14) 17,15 stefy + anna	17:00	free style bimbi			nuoto bimbi (7-14) 17,15 stefy + anna	17:00				
18:00	trx chiara	pilates maria	cross training F	acquagym 18,15 stefy	18:00	Alessandra yoga	gfit chiara	cross training A	acquagym 18,15 silvia	chiusura ore 19.00				
19:00	conditioning chiara	agg maria	cross training F	acquagym 19,15 monika	19:00	body workout 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				21:00									
22:00	liv. princip					22:00				18.00	chiusura ore 18.00			