

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	fit pilates maria	posturale vania		acquagym 09,30 stefy	9:00	easy tone maria			
10:00	fit 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	fit pilates giorgio		acquagym 13,00 anna	13:00	kettlebell chiara	body workout Alessandra	cross training F	acquagym 13,00 monika	13:00	fusion brusky	fit yoga Alessandra		
14:00					14:00				acquagym 14,00 monika	14:00				
15:00				acquagym 15,00 stefy	15:00		fit 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	fit pilates&flex giorgio 18,15	cross training F	acquagym 18,15 stefy	18:00	kettlebell chiara	easy tone maria		acquagym 18,15 monika
19:00	conditioning chiara	fit pilates maria	cross training C	acquagym 19,15 stefy	19:00	agg maria	fit pilates&flex giorgio 19,15	cross training F	acquagym 19,15 anna	19:00	Alessandra fit yoga	fit pilates maria	cross training C	
20:00	fit combat cristian	country/inter brusky		nuoto adulti 20,15 stefy	20:00	dance mixx brusky	break dance adulti 20,15		acquagym 20,15 anna	20:00	fit combat cristian			
21:00	portoricana liv.inter/avan				21:00					21:00	samba	samba		
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	fit 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	fit 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	ground fit 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		fit 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 + silvia	17:00	free style bimbi			nuoto bimbi (7-14) 17,15 stefy + anna	17:00				
18:00	trx chiara	fit pilates maria	cross training F	acquagym 18,15 stefy	18:00	fit yoga Alessandra	ground fit chiara		acquagym 18,15 silvia	19:00	<b>chiusura ore 19.00</b>			
19:00	conditioning chiara	agg maria	cross training F	acquagym 19,15 monika	19:00	body workout Alessandra				<b>DOMENICA</b>				
20:00	country/princ bruski salsa			acquagym 20,15 monika	20:00	dance mixx brusky	break dance adulti			10:30	jolly class			
21:00	portoricana liv. princip	samba			21:00									
22:00					22:00					18:00	<b>chiusura ore 18.00</b>			