

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	acquagym 18,15 stefy	18:00	kettlebell chiara	easy tone maria	acquagym 18,15 monika
19:00	conditioning chiara	fit pilates maria	acquagym 19,15 stefy	19:00	agg maria	fit pilates&flex giorgio 19,15	acquagym 19,15 anna	19:00	fit yoga Alessandra	fit pilates maria	
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	acquagym 13,00 anna	13:00	trx chiara	strenght45 brusky	acquagym 14,00 monika	13:00	express fusion brusky		
14:00		fit yoga Alessandra		14:00				14:00			
15:00				15:00		posturale vania		15:00			
16:00				16:00				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	acquagym 18,15 stefy	18:00	fit yoga Alessandra	ground fit chiara	acquagym 18,15 silvia	19:00	chiusura ore 19.00		
19:00	conditioning chiara	agg maria	acquagym 19,15 monika	19:00	body workout Alessandra			DOMENICA			
20:00	country/princ bruski salsa	samba	acquagym 20,15 monika	20:00	dance mixx brusky	break dance adulti		10:30	jolly class		
21:00	portoricana liv. princio			21:00							
22:00				22:00				18:00	chiusura ore 18.00		