

| LUNEDI'  |                         |                        |                             |  | MARTEDI' |                         |                           |                            |  | MERCOLEDI'      |                           |                        |                            |   |
|----------|-------------------------|------------------------|-----------------------------|--|----------|-------------------------|---------------------------|----------------------------|--|-----------------|---------------------------|------------------------|----------------------------|---|
|          | Sala 1                  | Sala 2                 | Sala 3                      | Piscina                                      |          | Sala 1                  | Sala 2                    | Sala 3                     | Piscina                                  |                 | Sala 1                    | Sala 2                 | Sala 3                     | Piscina                                     |
| 07:00    |                         |                        | TurboMet<br>07.10 - Filippo |  | 07:00    |                         |                           | TurboMet<br>07.10 - Giulio |  | 07:00           |                           |                        | TurboMet<br>07.10 - Miquel |   |
| 09:00    | Easy Tone<br>Alessandra |                        |                             | Acquagym 09.30<br>Monika                     | 09:00    | Fit Pilates<br>Maria    | Posturale<br>Vania        |                            | Acquagym 09.30<br>Stefy                  | 09:00           | Easy Tone<br>Maria        |                        |                            |   |
| 10:00    | Fit Yoga<br>Alessandra  |                        |                             | Acquasoft/mamma 10.30<br>Monika              | 10:00    |                         | Posturale<br>Vania        |                            |  | 10:00           |                           |                        |                            |   |
| 11:00    | Yoga gr.<br>Alessandra  |                        |                             |  | 11:00    |                         |                           | TurboMet<br>11.00 - Ilaria | Postural Water                           | 11:00           |                           |                        |                            |   |
| 12:00    |                         |                        |                             |  | 12:00    |                         |                           |                            |  | 12:00           |                           |                        |                            |   |
| 13:00    | Dance Mixx<br>Brusky    | Fit Pilates<br>Giorgio | TurboMet<br>13.30 - Miquel  | Acquadynamic 13.00<br>Ilaria                 | 13:00    | Kettlebell<br>Chiara    | Body Attack<br>Bruski     |                            | Acquagym 13.00<br>Monika                 | 13:00           | Fusion<br>Brusky          | Fit yoga<br>Alessandra | TurboMet<br>13.30 - Chiara |   |
| 14:00    |                         |                        |                             |  | 14:00    |                         |                           |                            | Acquagym 14.00<br>Monika                 | 14:00           |                           |                        |                            |   |
| 15:00    |                         |                        | TurboMet<br>15.30 - Ilaria  | Acquagym 15.00<br>Stefy                      | 15:00    |                         | Fit Yoga<br>Alessandra    |                            |  | 15:00           |                           |                        | TurboMet<br>15.30 - Chiara | Acquagym 15.00<br>Monika                    |
| 16:00    |                         | Posturale<br>Vania     |                             |  | 16:00    |                         | Posturale<br>Vania        |                            |  | 16:00           |                           |                        |                            |   |
| 17:00    | Body Pump<br>Ilaria     |                        |                             | Nuoto ragazzi (7-14) 17.15<br>Stefy          | 17:00    |                         |                           | TurboMet<br>17.00 - Leo    | Nuoto ragazzi (7-14) 17.15<br>Stefy-Anna | 17:00           | Body Attack<br>Ilaria     |                        |                            | Nuoto ragazzi (7-14) 17.15<br>Monika + Anna |
| 18:00    | Kettlebell<br>Chiara    | Easy Tone<br>Maria     | TurboMet<br>18.30 - Ilaria  | Acquagym 18.15<br>Stefy                      | 18:00    | TRX<br>Chiara           | Fit Pilates<br>Giorgio    | TurboMet<br>18.00 - Miquel | Acquadynamic 18,15<br>Stefy              | 18:00           | Kettlebell<br>Chiara      | Easy tone<br>Maria     | TurboMet<br>18.30 - Ilaria | Acquadynamic 18,15<br>Monika                |
| 19:00    | Conditioning<br>Chiara  | Fit Pilates<br>Maria   | TurboMet<br>19.30 - Ilaria  | Acquagym 19.15<br>Stefy                      | 19:00    | AGG<br>Maria            | Fit Pilates<br>Giorgio    | TurboMet<br>19.00 - Miquel | Acquagym 19.15<br>Anna                   | 19:00           | FuncioYoga<br>Alessandra  | Fit Pilates<br>Maria   | TurboMet<br>19.30 - Giulio | Acquagym 19.15<br>Anna                      |
| 20:00    | Fit Combat<br>Cristian  | Country<br>Brusky      |                             |  | 20:00    | Dance Mixx<br>Brusky    |                           |                            | Acquagym 20.15<br>Anna                   | 20:00           | Fit Combat<br>Cristian    |                        |                            |   |
| 21:00    | Salsa<br>Portoricana    |                        |                             |  | 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                                     |
| 07:00    |                         |                        | TurboMet<br>07.10 - Giulio  | Acquagym 07.10<br>Stefy                      | 07:00    |                         |                           | TurboMet<br>07.10 - Leo    |  | 08:30           |                           |                        |                            |   |
| 09:00    | Fit Pilates<br>Maria    |                        |                             | Acquadynamic 9,30<br>Stefy                   | 09:00    | Easy Tone<br>Alessandra | Posturale<br>Vania        |                            | Acquagym 09.30<br>Stefy                  | 09:00           |                           |                        |                            | Acquagym 09.30<br>Anna                      |
| 10:00    |                         |                        |                             | Acquasoft/mamma 10.30<br>Stefy               | 10:00    | Fit Yoga<br>Alessandra  | Posturale<br>Vania        |                            |  | 10:00           |                           |                        | TurboMet<br>10.00 - Ilaria |   |
| 11:00    |                         |                        | TurboMet<br>11.00 - Chiara  | Postural Water 11.30                         | 11:00    | Yoga gr.<br>Alessandra  |                           |                            | Postural Water                           | 11:00           | Body Pump<br>Ilaria       |                        |                            |   |
| 12:00    |                         |                        |                             |  | 12:00    |                         |                           |                            |  | 12:00           |                           |                        |                            |   |
| 13:00    | Body Pump<br>Ilaria     | Strenght60<br>Brusky   |                             | Acquagym 13.00<br>Stefy                      | 13:00    | TRX<br>Chiara           | Funcio Yoga<br>Alessandra | TurboMet<br>13.30 - Giulio |  | 13:00           | Express                   |                        |                            |   |
| 14:00    |                         | Fit Yoga<br>Alessandra |                             |  | 14:00    |                         |                           |                            | Acquadynamic 14,00<br>Monika             | 14:00           | Fusion ab                 |                        |                            |   |
| 15:00    |                         |                        |                             |  | 15:00    |                         |                           |                            |  | 15:00           |                           |                        |                            |   |
| 16:00    |                         |                        |                             |  | 16:00    | Body Pump<br>Ilaria     | Posturale<br>Vania        |                            |  | 16:00           |                           |                        |                            |   |
| 17:00    |                         | Posturale<br>Vania     | TurboMet<br>17.00 - Giulio  | Nuoto ragazzi (7-14) 17.15<br>Stefy - Monika | 17:00    |                         | Free Style<br>Bimbi       |                            | Nuoto ragazzi (7-14) 17.15<br>Stefy-Anna | 17:00           |                           |                        |                            |   |
| 18:00    | TRX<br>Chiara           | Fit Pilates<br>Maria   | TurboMet<br>18.00 - Enrico  | Acquagym 18.15<br>Monika                     | 18:00    | Body Attack<br>Ilaria   |                           | TurboMet<br>18.30 - Chiara | Acquagym 18.15<br>Anna                   | 19:00           | <b>Chiusura ore 19.00</b> |                        |                            |   |
| 19:00    | Conditioning<br>Chiara  | AGG<br>Maria           | TurboMet<br>19.00 - Enrico  | Acquadynamic 19,15<br>Ilaria                 | 19:00    | Body Pump<br>Ilaria     | Fit Yoga<br>Alessandra    | TurboMet<br>19.30 - Chiara |  | <b>DOMENICA</b> |                           |                        |                            |   |
| 20:00    | Strenght60<br>Brusky    |                        |                             |  | 20:00    | Dance Mixx<br>Brusky    | Break Dance               |                            |  | 10:30           | Jolly Class               |                        |                            |   |
| 21:00    | Salsa<br>Portoricana    |                        |                             |  | 21:00    |                         |                           |                            |  |                 |                           |                        |                            |   |
| 22:00    |                         |                        |                             |  | 22:00    |                         |                           |                            |  | 18:00           | <b>Chiusura ore 18.00</b> |                        |                            |   |