

LUNEDI				MARTEDI				MERCOLEDI				GIOVEDI				VENERDI				SABATO			
SALA1	SALA2/3	SPIN/PISC	SALA FIT	SALA1	SALA2/3	SPIN/PISC	SALA FIT	SALA1	SALA2/3	SPIN/PISC	SALA FIT	SALA1	SALA2/3	SPIN/PISC	SALA FIT	SALA1	SALA2/3	SPIN/PI SC	SALA FIT	SALA1/SP IN	SALA FIT	PISCI NA	
09:00 60' Bruciagrassi Jessica ▼▼▲▲	9:00 Met Circ.				9:00 Met Circ.			9:00 60' Bruciagrassi Giovanni ▼▼▲▲	9:00 Met Circ.				9:00 Met Circ.	9:15 45' AquaSoft Lorenzo ▼▼		9:00 60' Bruciagrassi Giovanni ▼▼▲▲	9:00 Met Circ.						
	10:00 60' Yoga Lucia ▼▼▲		10:00 45' ATHLETIC LAB Jessica ▼▼▼▲▲▲	09:30 45' Pilates Angelo ▼▼▲	09:30 45' Zumba Jessica ▼▼▲▲	09:15 45' AquaSoft Roberto ▼▼		10:00 45' PDR Giovanni ▼▲	10:00 Met Circ	10:05 50' Group Cycling Antonio ▼▼▼		10:15 60' Bruciagrassi Jessica ▼▼▲▲▲	10:00 60' Yoga Lucia ▼▼▲			10:00 45' Pilates Angelo ▼▼▲	10:00 Met Circ	10:05 45' AquaSoft Giovanni ▼▼					
	10:00 Met Circ	10:00 45' AquaSoft Lorenzo ▼▼		10:15 45' Gag Jessica ▼▼▲	10:00 Met Circ					10:00 45' AquaSoft Emanuele ▼▼			10:00 Met Circ							10:30 50' Group Cycling Rotazione ▼▼▼	11:00 FUN CIRC		
13:00 45' Total Body Jessica ▼▼▼▲▲▲		13:00 50' Group Cycling Antonio ▼▼▼	13:00 45' ATHLETIC LAB Ella / Beppe ▼▼▼▲▲▲	13:00 45' Pilates Angelo ▼▼▲	13:00 45' Push Jessica ▼▼▲▲	13:00 45' Idrobike Antonio ▼▼▼	13:00 FUN CIRC	13:00 45' Bruciagrassi Giovanni ▼▼▲		13:00 50' Group Cycling Antonio ▼▼▼	13:00 45' ATHLETIC LAB Jessica ▼▼▼▲▲▲	13:00 45' Bruciagrassi Jessica ▼▼▼▲▲▲		13:00 45' Idrobike Antonio ▼▼▼	13:00 FUN CIRC	13:00 45' Cross training Jessica ▼▼▲▲	13:00 45' Bruciagrassi Giovanni ▼▼▲	13:00 50' Group Cycling Roberto ▼▼▼		13:00 50' Group Cycling Rotazione ▼▼▼	13:00 FUN CIRC	14:00 45' AquaFit Rotazione ▼▼▼	
		13:00 45' AquaFit Lara ▼▼▼								13:00 45' AquaFit Roberto ▼▼▼							13:00 Met Circ	13:00 45' AquaFit Lara ▼▼▼					
15:00 45' Total Body Jessica ▼▼▲		13:45 45' Idrobike Lara ▼▼▼		15:00 45' Bruciagrassi Adele ▼▼▲▲				15:30 45' Pilates Angelo ▼▼▲				15:00 45' Pilates Guido ▼▲				15:00 45' GAG Intensity Giovanni ▼▼▲						17:00 FUN CIRC	
				15:45 45' Pilates Guido ▼▼▲▲	16:00 Met Circ				16:00 Met Circ				15:45 45' Bruciagrassi Jessica ▼▼▼▲▲▲	16:00 Met Circ						DOMENICA			
	17:00 Met Circ				17:00 Met Circ				17:00 Met Circ											SALA1/SP IN	MET CIRC.	PISCINA	
																				10:00 45' Corso a Rotazione Istruttore a Rotazione ▼▼▲			
17:00 45' Total Body Benedetta ▼▼▲		18:45 50' Group Cycling Antonio ▼▼▼		17:00 45' Bruciagrassi Ilaria ▼▼▲				17:15 45' GAG Intensity Giovanni ▼▼▲	17:45 45' Bruciagrassi Jessica ▼▼▼▲▲▲			17:00 45' Bruciagrassi Luca ▼▼▼▲▲▲		18:30 50' Group Cycling Ottavia ▼▼▼		17:30 30' GAG Intensity Giovanni ▼▼▲					11:00 45' Corso a Rotazione Istruttore a Rotazione ▼▼▲	11:00 FUN CIRC	
17:45 45' Bruciagrassi Jessica ▼▼▲		18:45 45' AquaFit Roberto ▼▼▼		17:45 45' Pilates Ilaria ▼▼▲	17:45 45' Aerodance Base Jessica ▼▼▲▲▲	19:00 50' Group Cycling Davide ▼▼▼		18:00 45' Total Body Giovanni ▼▼▲	18:30 45' StepDance Jessica ▼▼▲▲			17:45 45' Stretching Dinamic Jessica ▼▼▲▲	17:45 45' Push Luca ▼▼▲▲	19:00 45' AquaFit Max S. ▼▼▼		18:00 30' Upper Body Giovanni ▼▼▲					11:00 50' Group Cycling Rotazione ▼▼▼		
18:30 45' Gag Benedetta ▼▼▲	18:30 45' Pilates Angelo ▼▼▲▲▲		18:30 45' ATHLETIC LAB Jessica ▼▼▼▲▲▲	18:30 45' Bruciagrassi Jessica ▼▼▲▲	18:30 45' Pilates Barre Ilaria ▼▼▲	19:30 60' Antigravity Yoga Andrea Sala 3 ▼▼▲	18:00 FUN CIRC	18:45 45' GAG Giovanni ▼▼▲		19:00 45' Group Cycling Camilla ▼▼▼	18:00 FUN CIRC	18:30 45' Fit Boxe Jessica ▼▼▼▲▲▲	18:30 45' Stepdanc Luca ▼▼▲	19:15 60' Antigravity Yoga Andrea Sala 3 ▼▼▲	18:00 FUN CIRC	18:30 45' Bruciagrassi Giovanni ▼▼▲			18:00 FUN CIRC			17:00 FUN CIRC	
19:15 45' Total Body Benedetta ▼▼▲	19:15 45' StepDance Base Jessica ▼▼▲▲	19:30 45' Idrobike Roberto ▼▼▼		19:15 45' Fit-Boxe Jessica ▼▼▼▲▲▲	19:15 45' Bruciagrassi Tiziana ▼▼▲	19:15 45' AquaFit Max S. ▼▼▼	19:00 FUN CIRC		19:30 45' TRX Giovanni ▼▼▼	19:30 45' Idrobike Antonio ▼▼▼	19:15 45' ATHLETIC LAB Jessica ▼▼▼▲▲▲	19:15 45' Zumba Jessica ▼▼▼▲	19:50 45' Idrobike Max S. ▼▼▼	19:30 45' ATHLETIC LAB Luca ▼▼▼▲▲▲	18:00 FUN CIRC	19:15 45' Pilates Angelo ▼▼▼▲▲▲		19:30 45' Group Cycling Stefano ▼▼▼	19:15 45' ATHLETIC LAB Giovanni ▼▼▼▲▲▲				
20:00 45' Bruciagrassi Jessica ▼▼▼▲▲▲	20:00 60' Yoga Mara ▼▼▲	19:45 50' Group Cycling Camilla ▼▼▼	20:00 FUN CIRC	20:00 45' GAG Jessica ▼▼▼▲▲▲			20:00 45' ATHLETIC LAB Guido ▼▼▼▲▲▲	20:00 45' Functional FIT Jessica ▼▼▼▲▲▲			20:15 FUN CIRC			20:00 50' Group Cycling Antonio ▼▼▼		20:00 60' Yoga Mara ▼▼▲							

