

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 ▼▼▲▲				09:15 50' Pilates Angelo ▼▼▲	09:30 50' Zumba Jessica ▼▼▲▲	09:30 45' Aquasoft Roberto ▼▼		9:00 60' Bruciagrassi Giovanni ▼▼▲▲						9:30 45' Aquasoft Lorenzo ▼▼		9:00 60' Bruciagrassi Benedetta ▼▼▲▲							
	10:15 60' Yoga Mara ▼▼▲	10:00 45' Aquasoft Lorenzo ▼▼		10:15 50' Gag Jessica ▼▼▲				10:15 50' PDR Giovanni ▼▲				10:15 50' Bruciagrassi Jessica ▼▼▲▲	10:00 60' Yoga Mara ▼▼▲	10:05 50' Group Cycling Antonio ▼▼▼		10:00 50' Pilates Angelo ▼▼▲		10:05 45' Aquasof Benedetta ▼▼					
										10:00 45' Aquasof Lara ▼▼											10:30 50' Group Cycling Rotazione ▼▼▼		
13:00 45' Total Body Jessica ▼▼▼▲▲▲		13:00 50' Group Cycling Antonio ▼▼▼		13:00 45' Pilates Angelo ▼▼▲	13:00 45' Push Jessica ▼▼▲▲	13:00 45' Idrobike Antonio ▼▼▼		13:00 45' Cross Training Jessica ▼▼▼ ▲▲▲	13:00 45' Bruciagrassi Giovanni ▼▼▲	13:00 50' Group Cycling Antonio ▼▼▼		13:00 45' Bruciagrassi Jessica ▼▼▼▲▲ ▲		13:00 45' Idrobike Antonio ▼▼▼		13:00 45' Functional Fit Jessica ▼▼▲▲		13:00 50' Group Cycling Roberto ▼▼▼				14:00 45' Aquafit Rotazione ▼▼▼	
		13:00 45' Aquafit Lara ▼▼▼								13:00 45' Aquafit Roberto ▼▼▼								13:00 45' Aquafit Lara ▼▼▼					
15:00 50' Total Body Jessica ▼▼▲		13:50 45' Idrobike Lara ▼▼▼		15:00 50' Bruciagrassi Adele ▼▼▲▲				15:30 50' Pilates Angelo ▼▼▲						15:00 50' Bruciagrassi Jessica ▼▼▲		15:00 50' GAG Intensity Giovanni ▼▼▲							
				16:00 50' Pilates Guido ▼▼ ▲▲										16:00 50' Pilates Guido ▼▲									
17:00 50' Bruciagrassi Benedetta ▼▼▲		18:45 50' Group Cycling Antonio ▼▼▼		17:15 50' Bruciagrassi Ilaria ▼▼▲				17:15 50' GaG Intensity Giovanni ▼▼▲	17:30 50' Bruciagrassi Jessica ▼▼▼▲▲▲					17:00 50' Bruciagrassi Luca ▼▼▼▲▲▲		18:30 50' Group Cycling Ottavia ▼▼▼		17:15 50' GAG Intensity Giovanni ▼▼▲					
18:00 50' Gag Jessica ▼▼▲	18:15 50' Pilates Angelo ▼▼▲▲▲	18:45 45' Aquafit Roberto ▼▼▼		18:15 50' Pilates Ilaria ▼▼▲	18:30 50' Bruciagrassi Jessica ▼▼▼▲▲▲	19:00 50' Group Cycling Davide ▼▼▼		18:15 50' Total Body Giovanni ▼▼▲	18:30 50' StepDance Jessica ▼▼▲▲					18:00 50' Push Luca ▼▼▲▲	18:15 50' Zumba Jessica ▼▼▲▲	19:00 45' Aquafit Max S. ▼▼▼		18:15 50' Bruciagrassi Giovanni ▼▼▲	18:30 50' Total Body Adele ▼▼▲			11:00 50' Group Cycling Rotazione ▼▼▼	
19:00 50' Total body Benedetta ▼▼▲	19:15 50' StepDance Base Jessica ▼▼▲▲	19:45 45' Idrobike Roberto ▼▼▼		19:15 50' Fit-Boxe Jessica ▼▼▼▲▲▲	19:30 50' Total Body Adele ▼▼▲▲	19:15 45' Aquafit Max S. ▼▼▼		19:15 50' Bruciagrassi Jessica ▼▼▲	19:30 50' TRX Giovanni ▼▼▼	19:00 45' Group Cycling Camilla ▼▼▼				19:00 50' Fit Boxe Jessica ▼▼▼▲▲▲	19:15 50' Total Body Luca ▼▼▲	19:50 45' Idrobike Max S. ▼▼▼		19:15 50' Pilates Angelo ▼▼▲▲▲		19:15 45' Aquafit Giovanni ▼▼▼			
20:00 50' Bruciagrassi Jessica ▼▼▼▲▲▲	20:15 60' Yoga Mara ▼▼▲	19:45 50' Group Cycling Camilla ▼▼▼		20:15 50' GAG Jessica ▼▼▼▲▲▲				20:15 50' Functional FIT Jessica ▼▼▼ ▲▲▲			19:30 45' Idrobike Antonio ▼▼▼			20:00 50' Cross Training Jessica ▼▼▲▲		20:00 50' Group Cycling Antonio ▼▼▼		20:15 60' Yoga Mara ▼▼▲		19:30 45' Group Cycling Stefano ▼▼▼			

**DOMENICA**

SALA1/SP IN	MET CIRC.	PISCINA