

Orario	venerdì				sabato				domenica			
	Tensostruttura	sala panorama	piscina interna	piscina esterna	Tensostruttura	sala panorama	piscina interna	piscina esterna	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30												
07:00			6,30/8,45 Nuoto libero				6,30/8,45 Nuoto Libero					
07:30												
08:00												
08:30		ore 8,45/9,30 Schiena Rita										
09:00			8:30/9:45 Recupero Funz.				8:45/9:45 Recupero Funz.			8:45/9:30 schiena rita	8:45/9:45 Recupero Funz.	
09:30			9:00 / 20:00				9:00 / 20:00					9:00 / 20:00
10:00		09,45/10,30 Schiena Luca								9,45/10,30 ginn. Schiena rita		10,00/10,45 acquagym claudio
10:30									10,30/11,15 balli anna			
11:00									ore 11,00/11,30 TRX Mattia			
11:30			10,45/13,00 Recupero Funz.		ore 11,00/11,30 TRX Mattia						10,45/13,00 Recupero Funz.	9:00 / 20:00
12:00												
12:30									ore 12,45/13,15 addome mattia			
13:00		ore 12,45/13,30 pilates anna								13,15/13,45 grit mattia		
13:30	ore 13,00 Les Mills Grit Mattia		13,00/13,45 acquagym claudio		13,00/13,45 Ipercircolo Fabio		ore 12,45/13,30 yoga Grit					13,00/13,45 acquagym claudio
14:00												
14:30			14,00/15,00 Recupero Funz.								14,00/15,00 Recupero Funz.	9:00/20:00
15:00			15,00/15,45 Circuito Hydra								15,00/15,45 Circuito Hydra	
15:30												
16:00		ore 16,00/16,45 Yoga Grit										16,00/16,45 acquagym alessia
16:30			16,00/16,45 AcquaGym Claudio									16,45/18,00 nuoto libero
17:00							ore 16,45/17,30 pilates annalisa			17,00/17,30 trx alessia		16,45/18,00 nuoto libero
17:30	17,00/17,30 TRX Alessia											
17:45	17,45/18,30 G.A.G Alessia		17:30/18:30 Recupero Funz.		17,45/18,30 G.A.G anna		17,45/18,30 schiena post. rita			18,00/18,45 gag claudio		18,00/18,45 acquagym alessia
18:00												
18:30	18,30/18,45 Addome Alessia											
18:30		18,30/19,15 Pilates Grit					18,30/19,15 schiena post. rita			18,45/19,30 tabata claudio		17,30/20,00 recupero funzionale
19:00			18,30/19:15 acquagym claudio		18,45/19,30 Pilates Anna					18,45/19,30 Aerobica Alessia		
19:00	19,00/19,45 Step Alessia									19,30/20,15 step Alessia		9:00/20:00
19:30		19,30/20,30 Spinning Anna	19:15/20:00 Recupero Funz.		19,45/20,30 TotalBody Claudio		19,30/20,30 spinning gianni				19,45/20,45 Spinning Anna Savi	
20:00		19,45/20,30 Les Mills Grit Claudio					20,30/21,30 spinning gianni					
20:30												
21:00												

Orario	venerdì				sabato				domenica			
	Tensostruttura	sala panorama	piscina interna	piscina esterna	Tensostruttura	sala panorama	piscina interna	piscina esterna	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30												
07:00			6,30/8,45 Nuoto Libero				6,30/8,45 Nuoto Libero					
07:30												
08:00												
08:30												
09:00			8:45/9:45 Recupero Funz.				8:45/9:45 Recupero Funz.					
09:30			9:00 / 20:00				9:00 / 20:00					
10:00		10,00/10,45 yoga bennek grit					09,45/10,30 schiena post. luca			ore 10,00/10,30 trx Mattia		
10:30			10,00/10,45 acquagym ballini							ore 10,30/11,00 trx Mattia		
11:00							10,45/11,30 tonificazione mattia			ore 11,00/11,30 add-gamb Mattia		
11:30												
12:00												
12:30			10,45/15,00 recupero funzionale									9:00 / 20:00
13:00												
13:00	13,00/13,45 grit mattia		9:00 / 20:00				13,00/13,45 ipercircolo caselli					10,45/15,00 recupero funzionale
13:30							13,00/13,45 schiena rita					
14:00												
14:30												
15:00												
15:30												
16:00												
16:30												
16:30		16,30/17,30 yoga grit								ore 16,15/17,15 fitness		
17:00	17,00/17,30 trx Claudio											
17:30												
17:30	17,45/18,30 Gambe- Add-Braccia Claudio		17:30/18:30 Recupero Funz.				17,30/18,00 Add-Glutei Claudio					9:00 / 20:00
18:00												
18:30												
18:30		18,30/19,15 pilates grit					18,00/18,45 step claudio					
19:00		18,45/19,15 Les mills Mattia					18,45/19,30 tabata claudio					
19:00			19,15/20,00 rec. Funz.				19,00/19,45 yoga bennek grit					
19:30		19,30/20,30 aerobica alessia										
19:30		19,30/20,30 Spinning Gianni										
20:00												
20:00		ore 20,30/21,30 spinning gianni										
20:30												
20:30							20,15/21,15 spinning gianni					
21:00												

claudio	
anna	
luca	
rita	
alessia	
grit	
simona	
mattia	