

lunedì						martedì						mercoledì						
Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	Sala Personal	Sala soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	
ore 9.30/10.15 Pancalift Rita				6.00/8.00 Nuoto libero			8.30/9.15 Pilates Anna			6.00/8.00 Nuoto libero		8.45/9.30 Pancalift Rita						
11:00/11:45 Yoga Elisa	09.30/10.30 Schiena Luca		8.00/13.00 Recupero Funz.	10.00/10.45 AcquaGym Anna			9.15/10.00 Tonificazione		8.00/13.00 Recupero Funz.			9.30/10.15 Schiena Rita			8.00/13.00 Recupero Funz.			
	15.00/15.45 bruciagrassi	15.30/17.30 Boxe		13.00/13.45 AcquaGym Alessia			16.45/17.30 pilates					12.45/13.00 Addome		16.00/18.00 Boxe		10.00/10.45 acquagym		
	17.30/18.15 G.A.G Claudio		14.00/16.00 Recupero Funz.	16.00/16.45 AcquaGym Anna		17.45/17.45 TRX LAURA	17.45/18.30 schiena			10.15/11.00 acquagym anna		13.00/13.30 TRX Mattia	12.45/13.30 Kick Boxing Nazzero	17.45/18.30 Total Body	14.00/16.00 Recupero Funz.	13.00/13.45 acquagym		
Spinning 18.30/19.30 Gianni	18.30/19.15 Step Alessia	18.45/19.30 Pilates Anna				17.45/18.30 Addome/Glute/Gambe LAURA			14.00/16.00 Recupero Funz.		16.00/16.45 AcquaGym Claudio	18.30/19.30 spinning Fabio	18.00/18.45 Aerobica base	18.45/19.30 step base		16.00/16.45 AcquaGym Claudio		
19.30/20.30 spinning Fabio	19.30/20.00 HIIT Alessia			18.30/19.15 AcquaGym Claudio		18.45/19.30 Pancalift Rita	19.45/20.30 schiena post.	18.45/19.30 zumba		17.00/19.00 Recupero Funz.		19.30/20.30 spinning gianni		20.00/20.45 bruciagrassi	20.15/21.00 Boxe			
	20.00/21.00 Kick Nazzero	20.15/21.00 Boxe			19.00/20.00 Ipercircolo fabio			19.30/20.15 pilates								18.30/19.15 acquagym Julian	18.30/19.15 Athletic Workout Kekko	
								20.15/21.00 Boxe										
giovedì						venerdì						Sabato						
Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	
	9.00/9.45 bruciagrassi			6.00/8.00 Nuoto libero		8.45/9.30 Pancalift Rita								14.30/15.15 pilates			10.30 Walk Program Andrea	
	10.00/10.45 Pilates Annalisa		8.00/13.00 Recupero Funz.	10.00/10.45 Acquagym			9.30/10.30 schiena luca	Walk Program in sala cardio ore 10:45	8.00/13.00 Recupero Funz.			10.00/10.30 Trx FABIO		15.15/16.00 Zumba anna				
	17.30/18.15 Add/Glute/Gambe Claudio					11.15/11.45 TRX Mattia	11.00/11.45 yoga Elisa					11.00/12.00 Spinning Fabio		16.30/17.15 fitness Alessia				
12.45/13.00 Addome Mattia	13.00/13.45 pilates	18.15/19.00 TotalBody Claudio				13.00/13.30 YOGA	13.00/13.45 schiena									15.15/16.00 Acquagym Alessia		
13.00/13.30 HIIT		19.30/20.15 Pilates		16.00/16.45 Acquagym Claudio			15.00/15.45 bruciagrassi		14.00/16.00 Recupero Funz.	13.00/13.45 Acquagym Julian								
							16.00/18.00 Boxe	17.30/17.45 Addome Laura										
16.00/16.45 schiena			14.00/16.00 Recupero Funz.		walk program 19.00/19.45 Claudio			18.00/18.30 Glute/gambe Laura		16.00/16.45 Acquagym Julian								
				18.30/19.15 acquagym		18.45/19.30 spinning gianni												
18.30/19.00 TRX FABIO			17.00/19.00 Recupero Funz.															
19.15/20.15 Spinning Fabio								20.15/21.00 Boxe										
												Domenica						
Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	Sala Personal	Sala Soppalco	sala panorama	piscina interna	Piscina Esterna	Parco Estivo	
												ore 10.15/10.45 trx						
														ore 11.00/11.45 fitness				
																12.00/12.45 Acquagym		
																16.00/16.45 Acquagym		