

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
	PISCINA		STUDIO FITNESS		PISCINA		STUDIO FITNESS		PISCINA		PISCINA		
7,30 8,20	AQUAFITNESS Fabio Farienelli	7,30 8,20	POSTURAL Dora Giammarino	7,30 8,20	AQUACIRCUIT Gabriele Cupelli	7,30 8,20	POSTURAL Dora Giammarino	7,30 8,20	AQUAFITNESS Fabio Farienelli	8,30 9,20	WATER CARDIO Katia Foglietti		
			PISCINA		STUDIO FITNESS		PISCINA						
		8,10 9,00	AQUAFITNESS Fabio Farienelli	8,10 9,00	G.A.G. Marize De Souza	8,10 9,00	AQUAFITNESS Fabio Farienelli						
	STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		PISCINA		STUDIO FITNESS		
8,30 9,20	TOTAL BODY Marize De Souza	9,00 9,50	FUNCTIONAL LAB Marco Chiatti	9,00 9,50	STRECTH & TONE Gabriele Cupelli	9,00 9,50	FUNCTIONAL LAB Marco Chiatti	9,30 10,20	AQUAFITNESS Fabio Farinelli	8,30 9,15	STRECTH & TONE Maykel Rodriguez		
	STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		
9,30 10,30	YOGA Stefania Rosiello	9,50 10,40	POSTURAL Salvatore Panebianco	9,50 10,40	MAT PILATES Stefania Rosiello	9,50 10,40	POSTURAL Gabriele Cupelli	9,40 10,30	MAT PILATES Stefania Rosiello	12,00 13,00	FUNCTIONAL LAB Marco Chiatti		
	PISCINA				PISCINA				STUDIO FITNESS				PISCINA
9,30 10,20	AQUAFITNESS Marize De Souza			10,00 10,50	AQUAFITNESS Gabriele Cupelli			10,30 11,30	YOGA Stefania Rosiello			9,50 10,40	AQUAFITNESS istr. di turno
					PISCINA				SALA FITNESS-PISCINA				
				10,50 11,50	CORSO GESTANTI Alessia Guidi			11,30 12,40	CORSO GESTANTI Alessia Guidi				
	STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		PISCINA				PISCINA
10,40 11,30	MAT PILATES Stefania Rosiello	10,40 11,30	TOTAL BODY Salvatore Panebianco	10,40 11,40	YOGA Stefania Rosiello	10,40 11,30	TOTAL BODY Gabriele Cupelli	10,40 11,30	AQUAFITNESS Fabio Farinelli			10,45 11,35	AQUAFITNESS istr. di turno
	PISCINA		PISCINA		PISCINA		PISCINA				PISCINA		
11,30 12,20	AQUAFITNESS Roberta Lancioni	10,40 11,30	ACQUAFITNESS Fabio Farienelli	11,40 12,30	AQUACIRCUIT Marize De Souza	11,40 12,30	AQUAFITNESS Gabriele Cupelli			12,30 13,20	WATER CARDIO Katia Foglietti		
			STUDIO FITNESS				STUDIO FITNESS						
		13,00 13,50	MAT PILATES Serena Rizzo				13,00 13,50	MAT PILATES Serena Rizzo					
	PISCINA		PISCINA		PISCINA		PISCINA		PISCINA				
13,30 14,20	ABSOLUTE HIDROBIKE Marize De Souza	13,30 14,20	AQUACIRCUIT Fabio Farinelli	13,30 14,20	ABSOLUTE HIDROBIKE Marize De Souza	13,30 14,20	AQUACIRCUIT Roberta Lancioni	13,30 14,20	ABSOLUTE HIDROBIKE Fabio Farinelli				
	STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS						
18,45 19,35	TOTAL BODY Gabriele Cupelli	18,45 19,35	STEP & TONE Salvatore Panebianco	18,45 19,35	TOTAL BODY Dora Giammarino	18,45 19,35	STEP & TONE Salvatore Panebianco						
	STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS				
19,35 20,25	MAT PILATES Gabriele Cupelli	19,35 20,25	POSTURAL Salvatore Panebianco	19,35 20,25	MAT PILATES Dora Giammarino	19,35 20,25	POSTURAL Salvatore Panebianco	19,00 19,50	TRX Marco Chiatti				
	PISCINA		PISCINA		PISCINA		PISCINA		PISCINA				
19,30 20,20	AQUACIRCUIT Roberta Lancioni	19,30 20,20	AQUACIRCUIT Noemi Salvatori	19,30 20,20	AQUACIRCUIT Katia Foglietti	19,30 20,20	AQUACIRCUIT Roberta Lancioni	19,30 20,20	ABSOLUTE HIDROBIKE Noemi Salvatori				
			PISCINA		PISCINA				PISCINA				
		20,20 21,10	ABSOLUTE HIDROBIKE Noemi Salvatori	20,20 21,10	ABSOLUTE HIDROBIKE Katia Foglietti			20,20 21,10	ABSOLUTE HIDROBIKE Noemi Salvatori				
	STUDIO FITNESS		STUDIO FITNESS				STUDIO FITNESS						
20,25 21,15	TRX Gabriele Cupelli	20,30 21,30	FUNCTIONAL LAB Marco Chiatti				20,30 21,30	FUNCTIONAL LAB Marco Chiatti					

SALA PESI-Dal Lun al Ven dalle 6.30 alle 22.00. Il Sab 6.30-21.00 e Dom 9.00-13.00.

NUOTO CONTR.-Dal Lun al Ven 6.00-14.00 e 20.20- 22.00.Sab 6.00-9.00 e 12.30-14.00. Dom 9.00-13.00

IL PALINSESTO PUO' ESSERE SOGGETTO A MODIFICHE