

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
STUDIO FITNESS		STUDIO FITNESS		PISCINA		STUDIO FITNESS		STUDIO FITNESS					
7.00 7.50	ABS & FLEX Marco Chiatti	7.30 8.20	POSTURAL Dora Giammarino	7.30 8.20	AQUACIRCUIT Fabio Farinelli	7.30 8.20	POSTURAL Dora Giammarino	7.00 7.50	ABS & FLEX Marco Chiatti				
PISCINA		PISCINA				PISCINA		PISCINA		PISCINA			
7.30 8.20	AQUAFITNESS Fabio Farinelli	8.10 9.00	AQUAFITNESS Fabio Farinelli			8.10 9.00	AQUAFITNESS Fabio Farinelli	7.30 8.20	AQUAFITNESS Fabio Farienelli	8.30 9.20	WATER CARDIO Katia Foglietti		
		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		PISCINA		STUDIO FITNESS			
		9.00 9.50	FUNCTIONAL LAB Marco Chiatti	9.00 9.50	STRECTH & TONE Ggabriele Cupelli	9.00 9.50	FUNCTIONAL LAB Marco Chiatti	9.30 10.20	AQUAFITNESS Fabio Farienelli	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 Gabriele Cupelli	9.50 10.40	MAT PILATES Stefania Rosiello			9.40 10.30	MAT PILATES Stefania Rosiello	12.00 13.00	FUNCTIONAL LAB Marco Chiatti		
PISCINA				PISCINA		STUDIO FITNESS		STUDIO FITNESS		PISCINA		PISCINA	
9.30 10.20	AQUAFITNESS Fabio Farinelli			10.00 10.50	AQUAFITNESS Gabriele Cupelli	9.50 10.40	POSTURAL Gabriele Cupelli	10.30 11.30	YOGA Stefania Rosiello	12.30 13.20	WATER CARDIO Katia Foglietti	9.50 10.40	AQUAFITNESS istr. di turno
						STUDIO FITNESS							
						CIRCUIT TRAINING Gabriele Cupelli							
STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		PISCINA		PISCINA				PISCINA	
10.40 11.30	MAT PILATES Stefania Rosiello	10.40 11.30	STEP & TONE Gabriele Cupelli	10.40 11.40	YOGA Stefania Rosiello	11.40 12.30	AQUAFITNESS Gabriele Cupelli	10.40 11.30	AQUAFITNESS Fabio Farienelli			10.45 11.35	AQUAFITNESS istr. di turno
PISCINA		PISCINA											
11.30 12.20	AQUAFITNESS Fabio Farinelli	10.40 11.30	AQUAFITNESS Fabio Farinelli										
		STUDIO FITNESS				STUDIO FITNESS							
		13.30 14.20	FUNCTIONAL LAB Marco Chiatti			13.30 14.20	TRX Marco Chiatti						
PISCINA		PISCINA		PISCINA		PISCINA		PISCINA					
13.30 14.20	ABSOLUTE HIDROBIKE Noemi Salvatori	13.30 14.20	AQUACIRCUIT Fabio Farinelli	13.30 14.20	ABSOLUTE HIDROBIKE Fabio Farinelli	13.30 14.20	AQUACIRCUIT Noemi Salvatori	13.30 14.20	ABSOLUTE HIDROBIKE Fabio Farinelli				
STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS					
18.45 19.35	CIRCUIT TRAINING Gabriele Cupelli	18.45 19.35	STEP & TONE Nicoletta De Sanctis	18.45 19.35	TOTAL BODY Dora Giammarino	18.45 19.35	STEP & TONE Gabriele Cupelli	18.45 19.35	TOTAL BODY Nicoletta De Sanctis				
STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS					
19.35 20.25	MAT PILATES Gabriele Cupelli	19.35 20.25	POSTURAL Nicoletta De Sanctis	19.35 20.25	MAT PILATES Dora Giammarino	19.35 20.25	MOBILITY & STRETCH Gabriele Cupelli	19.35 20.25	POSTURAL Nicoletta De Sanctis				
PISCINA		PISCINA		PISCINA		PISCINA		PISCINA					
19.30 20.20	AQUACIRCUIT Fabio Farinelli	19.30 20.20	AQUACIRCUIT Noemi Salvatori	19.30 20.20	AQUACIRCUIT Katia Foglietti	19.30 20.20	AQUACIRCUIT Noemi Salvatori	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		STUDIO FITNESS		STUDIO FITNESS					
20.30 21.30	TRX Gabriele Cupelli	20.30 21.30	FUNCTIONAL LAB Marco Chiatti	20.30 21.30	TRX 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