





	<b>Lunedì</b>	<b>Martedì</b>	<b>Mercoledì</b>	<b>Giovedì</b>	<b>Venerdì</b>
<b>09:00</b>	<b>HIT BIKE</b> Rodolfo				<b>HIT BIKE</b> Rodolfo
<b>09:30</b>		<b>Postural</b> Miriam		<b>Postural</b> Miriam	
<b>10:00</b>		<b>FULL BODY</b> Roberta		<b>FULL BODY</b> Roberta	
<b>11:00</b>		<b>PILATES</b> Miriam		<b>PILATES</b> Miriam	
<b>13:40</b>	<b>POWER PUMP</b> Roberta	<b>FULL BODY</b> Roberta		<b>GAG</b> Roberta	<b>FULL BODY</b> Roberta
<b>17:30</b>	<b>POSTURAL</b> Loredana	<b>POWER PUMP</b> Roberta	<b>POSTURAL</b> Loredana	<b>POWER PUMP</b> Roberta	
<b>17:30</b>	<b>SPINNING</b> Maurizio	<b>PILATES</b> Miriam	<b>SPINNING</b> Maurizio	<b>PILATES</b> Miriam	<b>SPINNING</b> Ivan
<b>18:15</b>	<b>BODY ADVENTURE</b> Isabella		<b>BODY ADVENTURE</b> Isabella		
<b>18:30</b>	 <b>Yoga in AMACA</b> Loredana	<b>PILATES</b> Miriam	 <b>Yoga in AMACA</b> Loredana	<b>PILATES</b> Miriam	
<b>18:30</b>	<b>Yoga in AMACA</b> Loredana		<b>Yoga in AMACA</b> Loredana		
<b>19:00</b>	<b>SPINNING</b> Maurizio	 <b>Yoga in AMACA</b> Miriam	<b>SPINNING</b> Maurizio	 <b>Yoga in AMACA</b> Miriam	
<b>19:15</b>		<b>Yoga in AMACA</b> Miriam		<b>Yoga in AMACA</b> Miriam	
<b>19:30</b>	<b>PILATES</b> Loredana		<b>PILATES</b> Loredana		

	<b>Lunedì</b>	<b>Mercoledì</b>	<b>Venerdì</b>	<b>Sabato</b>	<b>FITNESS ACQUA</b>
<b>11:00</b>	<b>Acquafitness</b> Loredana	<b>Acquafitness</b> Loredana	<b>Idrobike</b> Loredana		
<b>11:30</b>				<b>Acquafitness</b> Miriam	
<b>13:40</b>	<b>Acquafitness</b> Claudio	<b>Idrobike</b> Claudio	<b>Acquafitness</b> Claudio		
<b>19:00</b>	<b>Idrobike</b> Alessandra	<b>Idrobike</b> Alessandra			