





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

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