

	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		SPINNING Francesca		SPINNING Francesca	
13:40	BUNGEE FITNESS	FULL BODY Roberta	POWER PUMP Roberta	FULL BODY Roberta	BUNGEE FITNESS
17:20		PILATES Miriam		PILATES Miriam	
17:30	POSTURAL Loredana	POWER PUMP Roberta	POSTURAL Loredana	POWER PUMP Roberta	BUNGEE FITNESS fino 30/06
17:30	SPINNING Maurizio		SPINNING Maurizio		SPINNING Francesca
18:15	BODY ADVENTURE Isabella fino 30/06		GAG Isabella fino 30/06		BODY ADVENTURE Isabella fino 30/06
18:30		PILATES Miriam		PILATES Miriam	
18:30	BUNGEE FITNESS		BUNGEE FITNESS		
19:00	SPINNING Maurizio		SPINNING Maurizio		SPINNING Francesca
19:30	BOXE/KICK Luca	CALISTHENICS fino 30/06	BOXE Luca	CALISTHENICS fino 30/06	BOXE Luca
19:30	PILATES Loredana		PILATES Loredana		
20:15		KICKBOXING Luca		KICKBOXING Luca	

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
10:15					Idrobike Loredana
11:00	Acquafitness Loredana		Acquafitness Loredana		Idrobike Loredana
13:40	Acquafitness Claudio	Acquafitness Loredana	Idrobike Claudio	Acquafitness Loredana	Acquafitness Claudio
18:30	Idrobike Alessandra		Idrobike Alessandra		Idrobike Loredana
19:15	Idrobike Alessandra		Idrobike Alessandra		Idrobike Loredana

Sabato
Acquafitness 09:30