

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA	
	PISCINA		STUDIO FITNESS		PISCINA		STUDIO FITNESS		PISCINA		PISCINA		
7,30 8,20	AQUAFITNESS Fabio Farinelli	7,30 8,20	POSTURAL Dora Giammarino	7,30 8,20	AQUACIRCUIT Fabio Farinelli	7,30 8,20	POSTURAL Dora Giammarino	7,30 8,20	AQUAFITNESS Fabio Farienelli	8,30 9,20	WATER CARDIO Fabio Farinelli		
			PISCINA				PISCINA				PISCINA		
		8,10 9,00	AQUAFITNESS Fabio Farinelli			8,10 9,00	AQUAFITNESS Fabio Farinelli			10,00 10,50	WATER CARDIO Fabio Farinelli		
			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
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			9,50 10,40	AQUAFITNESS istr. di turno
							STUDIO FITNESS						
							10,40 11,30	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										
	PISCINA		PISCINA				PISCINA						
13,30 14,20	ABSOLUTE HIDROBIKE Noemi Salvatori	13,30 14,20	AQUACIRCUIT Fabio Farinelli			13,30 14,20	AQUACIRCUIT Noemi Salvatori						
	STUDIO FITNESS		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		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		PISCINA		
19,30 20,20	AQUACIRCUIT Fabio Farinelli	19,30 20,20	AQUACIRCUIT Noemi Salvatori	19,30 20,20	AQUACIRCUIT Noemi Salvatori	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 Noemi Salvatori			20,20 21,10	ABSOLUTE HIDROBIKE Noemi Salvatori				
	STUDIO FITNESS		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 Chiatti	Marco	20,30 21,30	FUNCTIONAL LAB Marco Chiatti					
SALA PESI-Dal Lun al Ven dalle 6.30 alle 21.30. Il Sab 6.30-13.00 e Dom 9.00-13.00.													
NUOTO CONTR.-Dal Lun al Ven 6.00-14.00 e 19.30- 21.30. Sab 6.00-13.00. Dom 9.00-13.00													
IL PALINSESTO PUO' ESSERE SOGGETTO A MODIFICHE													