

| 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 | | |
| | | 9.00 9.50 | STUDIO FITNESS FUNCTIONAL LAB Marco Chiatti | 9.00 9.50 | STUDIO FITNESS STRETCH & TONE Ggabriele Cupelli | 9.00 9.50 | STUDIO FITNESS FUNCTIONAL LAB Marco Chiatti | 8.20 9.10 | STUDIO FITNESS GAG & TRX Marco Chiatti | 8.30 9.15 | STUDIO FITNESS STRETCH & TONE Maykel Rodriguez | | |
| | STUDIO FITNESS | | STUDIO FITNESS | | STUDIO FITNESS | | STUDIO FITNESS | | PISCINA | | STUDIO FITNESS | | |
| 9.30 10.30 | YOGA Stefania Rosiello | 9.50 10.40 | POSTURAL Gabriele Cupelli | 9.50 10.40 | MAT PILATES Stefania Rosiello | | | 9.30 10.20 | AQUAFITNESS Fabio Farienelli | 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 | 9.40 10.30 | MAT PILATES Stefania Rosiello | 12.30 13.20 | WATER CARDIO Katia Foglietti | 9.50 10.40 | AQUAFITNESS istr. di turno |
| | | | | | | 10.40 11.30 | STUDIO FITNESS CIRCUIT TRAINING Gabriele Cupelli | 10.30 11.30 | STUDIO FITNESS YOGA Stefania Rosiello | | | | |
| | 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 | | | | | | | | | | |
| | | 13.30 14.20 | STUDIO FITNESS FUNCTIONAL LAB Marco Chiatti | | | 13.30 14.20 | STUDIO FITNESS TRX Marco Chiatti | | | | | | |
| | PISCINA | | PISCINA | | PISCINA | | PISCINA | | PISCINA | | | | |
| 13.30 14.20 | ABSOLUTE HIROBIKE Roberta Lancioni | 13.30 14.20 | AQUACIRCUIT Fabio Farinelli | 13.30 14.20 | ABSOLUTE HIROBIKE Fabio Farinelli | 13.30 14.20 | AQUACIRCUIT Roberta Lancioni | 13.30 14.20 | ABSOLUTE HIROBIKE 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 Roberta Lancioni | 19.30 20.20 | AQUACIRCUIT Noemi Salvatori | 19.30 20.20 | AQUACIRCUIT Katia Foglietti | 19.30 20.20 | AQUACIRCUIT Roberta Lancioni | 19.30 20.20 | ABSOLUTE HIROBIKE Noemi Salvatori | | | | |
| | | 20.20 21.10 | PISCINA ABSOLUTE HIROBIKE Noemi Salvatori | 20.20 21.10 | PISCINA ABSOLUTE HIROBIKE Katia Foglietti | | | 20.20 21.10 | PISCINA ABSOLUTE HIROBIKE 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