

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 Farinelli	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	8.00 8.50	STUDIO FITNESS GAG & TRX Marco Chiatti	8.30 9.15	STUDIO FITNESS STRETCH & TONE Maykel Rodriguez		
	STUDIO FITNESS		STUDIO FITNESS		STUDIO FITNESS				PISCINA		STUDIO FITNESS		
9.30 10.30	YOGA Stefania Rosiello	9.55 10.45	POSTURAL Gabriele Cupelli	9.50 10.40	MAT PILATES Stefania Rosiello			9.30 10.20	AQUAFITNESS Fabio Farinelli	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	9.55 10.45	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
		10.45 11.35	STUDIO FITNESS CIRCUIT TRAINING Gabriele Cupelli			10.45 11.35	STUDIO FITNESS CIRCUIT TRAINING Gabriele Cupelli	10.30 11.30	STUDIO FITNESS YOGA Stefania Rosiello				
	STUDIO FITNESS		PISCINA		STUDIO FITNESS		PISCINA		PISCINA				PISCINA
10.40 11.30	MAT PILATES Stefania Rosiello	10.40 11.30	AQUAFITNESS Fabio Farinelli	10.40 11.40	YOGA Stefania Rosiello	11.40 12.30	AQUAFITNESS Gabriele Cupelli	10.40 11.30	AQUAFITNESS Fabio Farinelli			10.45 11.35	AQUAFITNESS istr. di turno
	PISCINA		STUDIO FITNESS				STUDIO FITNESS						
11.30 12.20	AQUAFITNESS Fabio Farinelli	11.40 12.30	POSTURAL Dora Giammarino			11.40 12.30	POSTURAL Dora Giammarino						
		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 HIDROBIKE Roberta Lancioni	13.30 14.20	AQUACIRCUIT Fabio Farinelli	13.30 14.20	ABSOLUTE HIDROBIKE Fabio Farinelli	13.30 14.20	AQUACIRCUIT Roberta Lancioni	13.30 14.20	ABSOLUTE HIDROBIKE 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 HIDROBIKE Noemi Salvatori				
		20.20 21.10	PISCINA ABSOLUTE HIDROBIKE Noemi Salvatori	20.20 21.10	PISCINA ABSOLUTE HIDROBIKE Katia Foglietti			20.20 21.10	PISCINA ABSOLUTE HIDROBIKE 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 6.30-18.00 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