

### LUNEDI'

### MARTEDI'

### MERCOLEDI'

	LUNA	SOLE	GROUP CYCLING	GARDEN	PISCINA	LUNA	SOLE	GROUP CYCLING	GARDEN	PISCINA	LUNA	SOLE	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00															
9.00-10.00		BODY PUMP -MICHEL-					HOLISTIC FUNCTIONAL -SILVIA-					POSTURALE -CHIARA R.-		CIRCUITO -MICHEL-	
9.30-10.30									FUNCTIONAL -PACO-						
10.00-11.00		POSTURALE ANTALGICO -MARCO-					PILATES -CHIARA R.-					PILATES -CHIARA R.-			
10.30-11.30					ACQUAGYM -PAOLA-										
11.00-12.00	POSTURALE ANTALGICO -MARCO-	PILATES -CHIARA R.-				POSTURALE -PAOLA-	PILATES -CHIARA R.-			ACQUAGYM -ELISA-	FITDANCE -GIULIA-	PILATES -CHIARA R.-			ACQUAGYM -ELISA-
12.00-13.00															
13.00-14.00	WALKING -SANDRA-	PILATES -CHIARA R.-	GROUP C. -ALESSIA-	FUNCTIONAL -EDO-	ACQUAGYM -ANNA ROSA-	WALKING -ALESSIA-	PILATES BARRE -CHIARA R.-	GROUP C. -TITTY-	13:05 CIRCUITO -MICHEL-	ACQUAGYM -PAOLA-	TOTAL BODY KETT -PACO-	BODY PUMP -MICHEL-	GROUP C. -ALESSIA-	ANTIGRAVITY SUSPENSION -CHIARA A.-	ACQUAGYM -PAOLA-
14.00-15.00		POSTURAL -MARCO-		14:30 PILATES TRX -GIULIA-			13:45 PILATES -CHIARA-							PILATES TRX -CHIARA A-	
15.00-16.00							14:30 POWER BEAT -GIANLUCA-				CORSI NUOTO BIMBI				
16.00-17.00										CORSI NUOTO BIMBI					
17.00-18.00		GLUTEI & TABATA ADDOME -PACO-		CALISTHENICS -PASQUALE-		CORE GLUTES CARDIO -MICHEL-			17:30 TOTAL BODY -PACO-	CORSI NUOTO BIMBI		POSTURALE -PAOLA-			
18.00-19.00	18:10 WALKING METABOLICO -ALESSIA-	FIT DANCE -GIULIA-	GROUP C. -TITTY-	18:15 ANABOLIC TRAINING -MICHEL-	ACQUAGYM -ROBERTA-	CORPO LIBERO -PASQUALE-	STRONG FLOW -CLARA-		18:15 CIRCUITO TRX -PACO-	CORSI NUOTO BIMBI	CORPO LIBERO -PASQUALE-	GLUTEI & TABATA ADDOME -PACO-	GROUP C. -ALESSIA-	18:15 CIRCUITO -MICH-	ACQUAGYM -ROBERTA-
18.30-19.30		18.45 XTEMPO -SILVIA-		19.15 HIIT -MICHEL-	18.45 ACQUAGYM -ROBERTA-										18.45 ACQUAGYM -ROBERTA-
19.00-20.00	19:15 INSANITY -PACO-	19.40 STEP SPRING -SILVIA-				WALKING TONE -ALESSIA-	FUNCTIONAL MIX -PACO-	GROUP C -GIANLUCA-	CALISTHENICS -PASQUALE-	ACQUAGYM -CLARA-	POSTURALE -PASQUALE-	BODY FLOW -CLARA-	GROUP C. -ALESSIA-	BARBELL WORKOUT -PACO-	
20.00-21.00	PILATES -FEDERICA-			SPARTA TRAINING -PACO-			19:45 STRETCHING -MICHEL-		19:45 KETTLEBELL -EDO-		YOGA -ELEONORA-			19.45 CROSS TRAINING -PACO-	

