

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
CROSSCARDIO 8:45-9:35	MOBILITY 09:00-10:00	POSTURALE 8:00-09:00	FITBALL 09:00-10:00	CROSSCARDIO 8:45-9:35	
TOTAL BODY 9:00-10:00	INTENSIVE T.B. 09:00-10:00	TONE UP 10:10-11:00	INTENSIVE T.B. 09:00-10:00	STEP 09:00-10:00	PILAFIT 9:10-10:00
PILAFIT 10:00-11:00	POSTURALE 10:00-11:00		POSTURAL 10:00-11:00	YOGAFIT 10:00-11:00	TONE UP 10:10-11:10
WBS 11:00-11:45				WBS 11:00-11:45	SUPERJUMP 11:15-12:15
TOTAL BODY 13:40-14:40	PILAFIT 16:00-17:00	TOTAL BODY 13:40-14:40	PILAFIT 16:00-17:00	TOTALBODY 13:40-14:40	
TOTALBODY 17:00-18:00	CROSSCARDIO 17:00-17:50	TOTAL BODY 17:00-18:00	CROSSCARDIO 17:00-17:50	TOTALBODY 17:00-18:00	
POSTURAL PILATES 17:00-18:00	WBS 17:50-18:35	POSTURAL PILATES 17:20-18:10	WBS 17:50-18:35	POSTURAL PILATES 17:00-18:00	
FUNZIONALE 18:00-19:00	PUMPBLAST 17:50-18:50	FUNZIONALE 18:10-19:00	PUMPBLAST 17:50-18:50	FUNZIONALE 18:00-19:00	
YOGAFIT 18:30-19:30	FITBALL 18:10-19:10	MOBILITY 18:30-19:30	FITBALL 18:10-19:10	POSTURALE 18:30-19:30	
SUPERJUMP 19:30-20:30	TABATA 18:50-19:40	SUPERJUMP 19:30-20:30	TABATA 18:50-19:40	SUPERJUMP 19:30-20:30	
WBS 19:30-20:30	POSTURALE 19:10-20:10	WBS 19:30-20:30	POSTURALE 19:10-20:10	WBS 19:30-20:30	
PILAFIT 20:20-21:20	INTENSIVE T.B. 20:10-21:10	YOGAFIT 20:20-21:20	INTENSIVE T.B. 20:10-21:10	PILAFIT 20:20-21:20	

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ACQUAGYM 09:00-10:00	ACQUABIKE 09:00-10:00	ACQUAGYM 09:00-10:00	ACQUAGYM 9:00-10:00	ACQUABIKE 09:00-10:00	
ACQUADRENUP 10:00-11:00	ACQUAGYM 10:00-11:00	ACQUADRENUP 10:00-11:00	ACQUAGYM 10:00-11:00	ACQUAGYM 10:10-11:00	VASCAGRANDE V.G. 11:30-12:30
ACQUAGYM 13:30-14:30	ACQUAGYM 13:50-14:40	ACQUAGYM 13:30-14:30	HIDROBIKE 13:50-14:50	ACQUACIRCUIT 13:30-14:30	
ACQUADRENUP 19:20-20:20	ACQUAGYM V.G 18:00-19:00	ACQUAGYM 19:20-20:20	ACQUAGYM V.G 18:00-19:00	ACQUADRENUP 19:20-20:20	
ACQUAGYM 20:20-21:20	ACQUAGYM 19:50-20:40	HIDROBIKE 20:20-21:20	HIDROBIKE 19:50-20:40	ACQUAGYM 20:20-21:20	



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00	
PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS MEDIUM 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS MEDIUM 09:00-09:50
PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50		PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	
PLUS MEDIUM 11:00-11:50				PLUS MEDIUM 11:00-11:50	
PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS ADVANCE 12:30-13:20
PLUS MEDIUM 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00	PLUS MEDIUM 14:10-15:00	PLUS START 14:10-15:00	
PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS MEDIUM 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	
PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	
PLUS ADVANCE 20:20-21:10			PLUS ADVANCE 20:20-21:10		
PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	