

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
				07:30 - 08:00 F. TRX ABS GLUTEI Andrea (P. MyWellness)			07:30 - 08:15 F. ACQUAGYM Claudia	
08:00 - 08:15 F. ABS ADDOME Daniele								
08:15 - 09:15 F. CROSSFIT BASE (G) Daniele (P. MyWellness)			08:30 - 09:30 F. POSTURAL PILATES Francesca	08:30 - 09:10 F. OURLACE TRAINING Gianluca (P. MyWellness)				
09:15 - 10:00 F. SALUTE DINAMICA Gianluca		09:00 - 09:15 F. ABS ADDOME Carlotta			09:30 - 10:15 F. SKILL BIKE CLASS (G) Carlotta (P. MyWellness)			
10:00 - 10:45 F. SALUTE DINAMICA Gianluca		09:15 - 10:10 NTC CONDITIONING Daniele		09:20 - 10:00 F. OURLACE TRAINING All Round (P. MyWellness)			10:00 - 10:30 F. GYM NUOTO Francesca	10:30 - 11:15 F. RIEDUCAZIONE Andrea (Prenotazione)
		10:15 - 11:00 F. PREPUGILISTICA Daniele	11:00 - 11:45 F. PILATES MAT Ilaria	10:30 - 11:15 F. AERIAL YOGA (G) Andrea (P. MyWellness)			10:30 - 11:15 F. ACQUAGYM Francesca	11:15 - 12:00 F. ACQUACIRCUIT (G) Andrea
		11:15 - 12:15 F. VINYASA YOGA Gianluca		11:30 - 12:00 F. TRX ABS GLUTEI Carlotta (P. MyWellness)				12:00 - 12:45 F. CIRCUIT TRAINING Andrea
		12:15 - 13:00 F. POSTURALE Gianluca	12:00 - 12:45 F. PILATES MAT Ilaria	12:00 - 12:45 F. LADY MUM (G) All Round (P. MyWellness)				
12:30 - 13:30 F. BOOTCAMP Massimo (P. MyWellness)		13:00 - 13:45 F. PILATES TONE Francesca						13:00 - 13:45 F. HIDROBIKE Andrea (Prenotazione)
13:30 - 14:15 F. TACFIT Carlo (P. MyWellness)				13:15 - 14:00 F. OURLACE TRAINING Gianluca (P. MyWellness)	13:10 - 13:55 F. SKILL BIKE CLASS (G) Andrea (P. MyWellness)			
				14:00 - 14:30 F. TRX TOTAL BODY Andrea (P. MyWellness)	14:00 - 14:45 F. SKILL BIKE CLASS (G) Claudia (P. MyWellness)			
				15:00 - 15:45 F. AERIAL YOGA (G) Andrea (P. MyWellness)				
								15:45 - 16:30 F. RIEDUCAZIONE Carlo (P. MyWellness)
		16:45 - 17:30 F. POSTURALE Luca		17:15 - 17:45 F. TRX LOW BODY Daniele (P. MyWellness)				17:30 - 18:15 F. ACQUASOUND Piero
17:15 - 18:15 F. ZUMBA Alessandro		17:30 - 18:25 F. YOGA BODY ARMONY Luca						
18:30 - 19:30 F. POWER BODY Luca		18:30 - 19:15 F. PILATES BASE Massimo	18:30 - 19:15 F. PILATES INTERMEDIO Elena (P. MyWellness)		18:30 - 19:15 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	18:15 - 19:15 F. CROSSOUT Carlo (P. MyWellness)		18:30 - 19:15 F. ACQUA CIRCUIT (G)W Daniela (Prenotazione)
19:30 - 20:20 F. POWER FUSION Luca		F. STEP	19:15 - 20:00 F. PILATES MAT Elena		19:20 - 20:05 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	19:20 - 20:10 F. CROSSFIT (G) Mirko (P. MyWellness)		
20:20 - 21:50 F. BOOTCAMP (G) Massimo (P. MyWellness)		19:15 - 20:15 F. STEP Biagio			20:10 - 20:55 F. SKILL BIKE CLASS (G) Oskar (P. MyWellness)			19:30 - 20:15 F. HIDROBIKE (G)W Daniela (Prenotazione)
			20:15 - 21:15 F. VINYASA YOGA Gianluca	20:30 - 21:00 F. TRX LOW BODY Carlotta (P. MyWellness)				
				21:15 - 21:45 F. TRX ABS GLUTEI Oskar (P. MyWellness)				

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

LUNEDI 21 OTTOBRE

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
			07:30 - 08:30 F.PILATES FLOW Francesca	07:30 - 08:00 F. ABS GAMBE GLUTEI Elita (P. MyWellness)				
08:00 - 08:15 F. ABS ADDOME Carlo			08:30 - 09:30 F. PILATES BASE Lucalfredo	08:30 - 09:15 F. OUTRACE TRAINING Massimo (P.MyWellness)				08:30 - 09:15 F. ACQUACIRCUIT A.Paula (P. MyWellness)
08:15 - 09:00 F. OMNIA TRAINING Carlo (P.MyWellness)		09:00 - 10:00 F. MENTE E CORPO Antonino	09:30 - 10:30 F. YOGA Fabiana	09:30 - 10:00 F. TRX LOW BODY Elita (P. MyWellness)	09:30 - 10:15 F. SKILL BIKE CLASS (G) Carlo (P. MyWellness)		09:30 - 10:15 F. ACQUAFITNESS Andrea Paula	
09:00 - 10:00 F. TOTAL BODY Laura			10:30 - 11:30 F. YOGA Fabiana					
10:00 - 11:00 F. STEP & TONE Laura				10:30 - 11:15 F. AERIAL YOGA (G) Elita (P. MyWellness)				
		11:00 - 11:45 F. POSTURALE Davide		11:30 - 12:00 F. ABS GAMBE GLUTEI Elita (P. MyWellness)				
		12:00 - 12:45 F. POSTURALE Davide						
			13:00 - 13:45 F. PILATES Elena	12:15 - 12:30 F. TRX ABS Massimo (P.MyWellness)	12:30 - 13:15 F. SKILL BIKE CLASS (G) Carlo (P. MyWellness)			13:00 - 13:45 F. HIDROBIKE A.Paula (P. MyWellness)
				13:00 - 13:45 F. LADY MUM (G) All Round (P. MyWellness)	13:30 - 14:15 F. SKILL BIKE CLASS (G) Massimo (P. MyWellness)			13:45 - 14:30 F.MASTER CLASS ACQUACIRCUIT A.Paula (P. MyWellness)
				14:20 - 15:00 F. TRX TOTAL BODY Andrea (P.MyWellness)				
				15:00 - 16:00 F. CALISTHENICS Andrea				
	15:30 - 16:45 F. VINYASA YOGA Andrea Paula			16:00 - 16:45 F. AERIAL YOGA (G) Andrea (P. MyWellness)				
17:00 - 17:45 F.TOTAL BODY Andrea Paula		16:45 - 17:30 F. POSTURALE Gianluca		17:15 - 17:45 F.TRX LOW BODY Daniele (P. MyWellness)				
17:45 - 18:45 F.NTC CONDITIONING Daniele		17:30 - 18:30 F. VINYASA YOGA Gianluca						
		18:30 - 19:30 F.FIT BOX Henrique		19:00 - 20:00 F.PREP. ATL TENNIS (G) Carlotta (P. MyWellness)	18:40 - 19:25 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	19:00 - 19:45 F. CROSSFIT Daniele (P. MyWellness)		18:30 - 19:15 F.ACQUAFITNESS W Debora
18:45 - 19:30 F.TOTAL BODY Claudia		19:30 - 20:15 F. PILATES FLOW Henrique	19:30 - 20:45 F. VINYASA YOGA Giorgia					19:30 - 20:15 F. ACQUACIRCUIT W Debora (P.MyWellness)
19:30 - 20:15 F.LOW BODY Claudia	19:40 - 20:25 F.POSTURALE Gianluca			20:30 - 21:00 F. TRX LOW BODY All Round (P.MyWellness)	20:00 - 20:45 F. SKILL BIKE CLASS (G) Daniele (P. MyWellness)			20:30 - 21:15 F. HIDROBIKE W Claudia (Prenotazione)
20:15 - 21:15 F.FUSION Stefano (P. MyWellness)		20:15 - 21:30 F.SATI DYNAMIC Daniela		21:15 - 21:45 F. TRX TOTAL BODY All Round (P.MyWellness)				

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

MARTEDI 22 OTTOBRE

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
				07:30 - 08:00 F. TRX ABS GLUTEI Andrea (P. MyWellness)			07:30 - 08:15 F. ACQUAGYM Claudia	
08:00 - 08:15 F. ABS ADDOME Daniele		09:00 - 09:15 F. ABS ADDOME Carlotta	08:30 - 09:30 F. POSTURAL PILATES Francesca	08:30 - 09:10 F. OUTRACE TRAINING Gianluca (P. MyWellness)				
08:15 - 09:15 F. CROSSFIT BASE (G) Daniele (P. MyWellness)		09:15 - 10:15 NTC CONDITIONING Daniele		09:20 - 10:00 F. OUTRACE TRAINING All Round (P. MyWellness)	09:30 - 10:15 F. SKILL BIKE CLASS (G) Andrea (P. MyWellness)			09:30 - 10:15 F. HIROBIKE Claudia (Prenotazione)
09:15 - 10:00 F. SALUTE DINAMICA Gianluca		10:15 - 11:00 F. PREPUGILISTICA Daniele		10:30 - 11:15 F. AERIAL YOGA (G) Andrea (P. MyWellness)			10:00 - 10:30 F. GYM NUOTO Francesca	10:30 - 11:15 F. RIEDUCAZIONE Andrea (Prenotazione)
10:00 - 10:45 F. SALUTE DINAMICA Gianluca		11:15 - 12:15 F. VINYASA YOGA Gianluca	11:00 - 11:45 F. PILATES MAT Ilaria	11:30 - 12:00 F. TRX ABS GLUTEI Carlotta (P. MyWellness)			10:30 - 11:15 F. ACQUAGYM Francesca	11:15 - 12:00 F. ACQUACIRCUIT (G) Andrea
		12:15 - 13:00 F. POSTURALE Gianluca		12:00 - 12:45 F. LADY MUM (G) All Round (P. MyWellness)				12:00 - 12:45 F. CIRCUIT TRAINING Andrea
			12:00 - 12:45 F. PILATES BARRE Ilaria					
12:30 - 13:30 F. BOOTCAMP Massimo (P. MyWellness)		13:00 - 13:45 F. PILATES TONE Francesca		13:00 - 13:45 F. OUTRACE TRAINING Gianluca (P. MyWellness)	13:10 - 13:55 F. SKILL BIKE CLASS (G) Carlotta (P. MyWellness)			13:00 - 13:45 F. HIROBIKE Andrea (Prenotazione)
13:30 - 14:15 F. TACFIT Carlo (P. MyWellness)				14:00 - 14:30 F. TRX TOTAL BODY Andrea (P. MyWellness)	14:00 - 14:45 F. SKILL BIKE CLASS (G) Claudia (P. MyWellness)			
				15:00 - 15:45 F. AERIAL YOGA (G) Andrea (P. MyWellness)				
								15:45 - 16:30 F. RIEDUCAZIONE Carlo (P. MyWellness)
		16:45 - 17:30 F. POSTURALE Luca		17:15 - 17:45 F. OUTRACE TRAINING Daniele (P. MyWellness)				17:30 - 18:15 F. ACQUASOUND Piero
17:15 - 18:15 F. ZUMBA Alessandro		17:30 - 18:25 F. PILATES REVOLUTION Luca						
18:30 - 19:30 F. POWER BODY Luca		18:30 - 19:15 F. PILATES BASE Massimo	18:30 - 19:15 F. PILATES INTERMEDIO Elena (P. MyWellness)		18:30 - 19:15 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	18:15 - 19:15 F. CROSSOUT Carlo (P. MyWellness)		18:30 - 19:15 F. ACQUA CIRCUIT (G)W Daniela (Prenotazione)
19:30 - 20:20 F. POWER FUSION Luca		19:15 - 20:15 F. STEP Biagio	19:15 - 20:00 F. PILATES MAT Elena		19:20 - 20:05 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	19:20 - 20:10 F. CROSSFIT (G) Mirko (P. MyWellness)		19:30 - 20:15 F. HIROBIKE (G)W Daniela (Prenotazione)
20:20 - 21:50 F. BOOTCAMP (G) Massimo (P. MyWellness)			20:15 - 21:15 F. MATER CLASS VINYASA YOGA Gianluca	20:30 - 21:00 F. TRX LOW BODY Carlotta (P. MyWellness)	20:10 - 20:55 F. SKILL BIKE CLASS (G) Oskar (P. MyWellness)			
				21:15 - 21:45 F. TRX ABS GLUTEI Oskar (P. MyWellness)				

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

MERCOLEDI 23 OTTOBRE

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
08:00 - 08:15 F. ABS ADDOME Carlo			07:30 - 08:30 F.PILATES FLOW Francesca	07:30 - 08:00 F. ABS GAMBE GLUTEI Elita (P. MyWellness)				08:30 - 09:15 F. ACQUA CIRCUIT A.Paula (P. MyWellness)
08:15 - 09:00 F. OMNIA TRAINING Carlo (P. MyWellness)		09:00 - 10:00 F. MENTE E CORPO Antonino	08:30 - 09:30 F. PILATES BASE Lucafredo	08:30 - 09:15 F. OUTRACE TRAINING Massimo (P. MyWellness)				
09:00 - 10:00 F. STEP & TONE Laura			09:30 - 10:30 F. YOGA Fabiana	09:30 - 10:00 F. TRX LOW BODY Elita (P. MyWellness)	09:30 - 10:15 F. SKILL BIKE CLASS (G) Carlo (P. MyWellness)		09:30 - 10:15 F. ACQUAFITNESS Andrea Paula	
10:00 - 11:00 F. TOTAL BODY Laura			10:30 - 11:30 F. YOGA Fabiana					
		11:00 - 11:45 F. POSTURALE Davide		10:30 - 11:15 F. AERIAL YOGA (G) Elita (P. MyWellness)				
		12:00 - 12:45 F. POSTURALE Davide		11:30 - 12:00 F. ABS GAMBE GLUTEI Elita (P. MyWellness)				
			13:00 - 13:45 F. PILATES Elena	12:15 - 12:30 F. TRX ABS Massimo (P. MyWellness)	12:30 - 13:15 F. SKILL BIKE CLASS (G) Carlo (P. MyWellness)			
				13:00 - 13:45 F. LADY MUM (G) All Round (P. MyWellness)	13:30 - 14:15 F. SKILL BIKE CLASS (G) Massimo (P. MyWellness)			13:00 - 13:45 F. ACQUACIRCUIT A.Paula (P. MyWellness)
				14:20 - 15:00 F. TRX TOTAL BODY Andrea (P. MyWellness)				13:45 - 14:30 F.MASTER CLASS HIDROBYKE A.Paula (P. MyWellness)
				15:00 - 16:00 F. CALISTHENICS Andrea				
	15:30 - 16:45 F. VINYASA YOGA Andrea Paula							
17:00 - 17:45 F.TOTAL BODY Andrea Paula		16:45 - 17:30 F. POSTURALE Gianluca		16:00 - 16:45 F. AERIAL YOGA (G) Andrea (P. MyWellness)				
17:45 - 18:45 F.CONDITIONING Daniele		17:30 - 18:30 F. VINYASA YOGA Gianluca		17:00 - 17:45 F. TRX LOW BODY Daniele (P. MyWellness)				17:30 - 18:15 F. HIDROBIKE Piero (Prenotazione)
18:45 - 19:30 F.LOW BODY Claudia		18:30 - 19:30 F.FIT BOX Henrique			18:40 - 19:25 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	19:00 - 19:45 F. CROSSFIT Daniele (P. MyWellness)		18:30 - 19:15 F.ACQUAFITNESS W Debora
19:30 - 20:15 F.TOTALBODY Claudia	19:40 - 20:25 F.POSTURALE Gianluca	19:30 - 20:15 F. PILATES FLOW Henrique	19:30 - 20:45 F. VINYASA YOGA Giorgia					19:30 - 20:15 F. ACQUACIRCUIT W Debora (P. MyWellness)
20:15 - 21:15 F.FUSION Stefano (P. MyWellness)				20:30 - 21:00 F. TRX LOW BODY All Round (P. MyWellness)	20:00 - 20:45 F. SKILL BIKE CLASS (G) Daniele (P. MyWellness)			20:30 - 21:15 F. HIDROBIKE W Piero (Prenotazione)
				21:15 - 21:45 F. TRX TOTAL BODY All Round (P. MyWellness)				

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

GIOVEDI 24 OTTOBRE

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
				07:30 - 08:00 F. TRX ABS GLUTEI Andrea (P.MyWellness)			07:30 - 08:15 F. ACQUAGYM Claudia	
08:00 - 08:15 F. ABS ADDOME Daniele								
08:15 - 09:15 F. CROSSFIT BASE(G) Daniele (P. MyWellness)		09:00 -09:15 F.ABS ADDOME Carlotta	08:30 - 09:30 F.POSTURAL PILATES Francesca	08:30 - 09:15 F.OUTRACE TRAINING Gianluca (P. MyWellness)				
09:15 - 10:00 F. SALUTE DINAMICA Gianluca		09:15 -10:15 F. NTC CONDITIONING Daniele		09:20 -10:00 F.OUTRACE TRAINING All Round (P.MayWellness)	09:30 - 10:15 F. SKILL BIKE CLASS (G) Carlotta (P. MyWellness)			
10:00 - 10:45 F. SALUTE DINAMICA Gianluca		10:15 - 10:45 F. STRETCHING Daniele		10:30 - 11:15 F. AERIAL YOGA (G) Andrea (P. MyWellness)			10:00 - 10:30 F. GYM NUOTO Francesca	10:30 - 11:15 F. RIEDUCAZIONE Andrea (Prenotazione)
		11:15 - 12:15 F. VINYASA YOGA Gianluca	11:00 - 11:45 F.PILATES MAT Ilaria				10:30 - 11:15 F. ACQUAGYM Francesca	11:15 - 12:00 F. ACQUACIRCUIT (G) Andrea
		12:15 - 13:00 F. POSTURALE Gianluca		11:30 - 12:00 F. TRX ABS GLUTEI Carlotta (P. MyWellness)				12:00 - 12:45 F. CIRCUIT TRAINING Andrea
			12:00 - 12:45 F.PILATES BARRE Ilaria	12:00 - 12:45 F. LADY MUM (G) All Round (P. MyWellness)				
12:30 - 13:30 F. BOOTCAMP Massimo (P.MyWellness)		13:00 - 13:45 F. PILATES TONE Francesca				13:10 - 13:55 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)		13:00 - 13:45 F. HIDROBIKE Andrea (Prenotazione)
13:30 - 14:15 F. TACFIT Carlo (P. MyWellness)				14:00 - 14:30 F. TRX TOTAL BODY Andrea (P.MyWellness)		14:00 - 14:45 F. SKILL BIKE CLASS (G) Claudia (P. MyWellness)		
				15:00 - 15:45 F. AERIAL YOGA (G) Andrea (P. MyWellness)				
	17:30 - 18:45 F. VINYASA YOGA Giorgia			17:15 - 17:45 F.OUTRACE TRAINING Daniele (P. MyWellness)				
17:00 - 17:45 F. LOW BODY Giovanni								
17:45 - 18:30 F. ZUMBA Giovanni		18:30 - 19:15 F. PILATES MAT Elena (P. MyWellness)				18:30 - 19:15 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	18:15 - 19:15 F. CROSSOUT Carlo (P.MyWellness)	18:30 - 19:15 F.ACQUA FITNESS (G)W Daniela (Prenotazione)
18:30 - 19:15 F.TOTAL BODY Claudia		19:15 - 20:15 F. STEP Biagio				19:20 - 20:05 F. SKILL BIKE CLASS (G) Gianluca (P. MyWellness)	19:20 - 20:10 F.CROSSFIT (G) Mirko (P. MyWellness)	19:30 - 20:15 F. HIDROBIKE (G)W Daniela (Prenotazione)
19:15 - 20:00 F.LOW BODY ABS Claudia	19:15 - 20:00 F. PILATES ARC Elena (P. MyWellness)			20:15 - 21:15 F.OUTRACE TRAINING Gianluca (P. MyWellness)		20:10 - 20:55 F. SKILL BIKE CLASS (G) Oskar (P. MyWellness)		
20:00 - 21:30 F. BOOTCAMP (G) Massimo (P.MyWellness)								

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

VENERDI 25 OTTOBRE

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
	08:30 - 09:15 F. POSTURALE All Round							
09:30 - 10:30 F. ZUMBA Laura	09:30 - 10:30 F. PILATES FLOW Francesca		09:30 - 10:30 F. TAI CHI PER LA SALUTE Maurizio	09:30 - 10:15 F. OUTRACE TRAINING All Round (P. MyWellness)				
10:30 - 11:30 F. TOTAL BODY Laura		10:30 - 11:30 F. POSTURAL PILATES Francesca	10:30 - 11:30 F. TAI CHI TRADIZIONALE Maurizio	10:30 - 11:15 F. OUTRACE TRAINING All Round (P. MyWellness)				
11:30 - 12:30 F. STEP & TONE Laura			11:30 - 12:30 F. YOGA Giulia	12:00 - 12:30 F. TRX TOTAL BODY All Round (P. MyWellness)	11:00 - 11:45 F. SKILL BIKE CLASS (G) All Round (P. MyWellness)			
				15:00 - 15:45 F. LADY MUM (G) All Round (P. MyWellness)				
				15:45 - 16:30 F. OUTRACE TRAINING All Round (P. MyWellness)				
				16:30 - 17:15 F. TRX LOW BODY All Round (P. MyWellness)				
				17:15 - 18:00 F. CALISTHENICS All Round				
18:00 - 19:00 F. MASTER CLASS SALSA PRINCIPIANTI Ze Braga (P.MyWellness)				18:00 - 18:45 F. OUTRACE TRAINING All Round (P. MyWellness)				
				19:00 - 19:30 F. TRX LOW BODY All Round (P. MyWellness)				18:00 - 18:45 F. HIDROBIKE Piero (Prenotazione)

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

SABATO 26 OTTOBRE

SALA 1	SALA 2	SALA 3	SALA CORSI	GYM FLOOR	SKILL BIKE AREA	CROSSFIT	PISCINA 1 NOEMI CARROZZA	PISCINA 2
				09:30 - 10:15 F. OUTRACE TRAINING All Round (P. MyWellness)			10:30 - 11:15 F. ACQUASOUND Piero	
11:00 - 12:00 F. TOTAL BODY All Round				10:30 - 11:15 F. OUTRACE TRAINING All Round (P. MyWellness)	11:00 - 11:45 F. SKILL BIKE CLASS (G) All Round (P. MyWellness)			
				12:00 - 12:30 F. TRX TOTAL BODY All Round (P. MyWellness)				
				15:00 - 15:45 F. LADY MUM (G) All Round (P. MyWellness)				
				15:45 - 16:30 F. OUTRACE TRAINING All Round (P. MyWellness)				
				16:30 - 17:15 F. TRX LOW BODY All Round (P. MyWellness)				
				17:15 - 18:00 F. CALISTHENICS All Round				
				18:00 - 18:45 F. OUTRACE TRAINING All Round (P. MyWellness)				
				19:00 - 19:30 F. TRX LOW BODY All Round (P. MyWellness)				

SALA 1

SALA 2

SALA 3

SALA CORSI

GYM FLOOR

SKILL BIKE AREA

CROSSFIT

PISCINA 1
NOEMI CARROZZA

PISCINA 2

DOMENICA 27 OTTOBRE