

OUTDOOR GYM 1		OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
				09:00 - 09:45 F. POSTURAL TRAINING Antonio				
				10:00 - 10:45 F. TOTAL BODY Claudia M.				
				11:00 - 11:45 F. PILATES Claudia M.				
				18:00 - 18:45 F. G.A.G. Simona				
				19:00 - 19:45 F. FUNCTIONAL TRAINING Simona				
OUTDOOR GYM 1		OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA

LUNEDI' 1 NOVEMBRE







OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
				07:15 - 08:00 <b>F. POSTURALE</b> Francesca	07:10 - 07:55 <b>F. ACQUAFITNESS</b> Claudia M.		
		08:30 - 09:10 <b>F. OUTRACE TRAINING</b> Gianluca	08:00 - 08:45 <b>F. TABATA</b> Massimo	08:00 - 08:45 <b>F. TOTAL BODY</b> Claudia M.			
			09:15 - 10:00 <b>F. SALUTE DINAMICA</b> Gianluca	09:00 - 09:45 <b>F. POSTURAL TRAINING</b> Massimo		09:00-09:45 <b>F. HIDROBIKE</b> Ilaria	09:00 - 09:45 <b>F. SKILL BIKE TRAINING</b> Andrea
		10:00 - 10:45 <b>F. AERIAL YOGA</b> Andrea	10:15 - 11:00 <b>F. SALUTE DINAMICA</b> Gianluca	10:00 - 10:45 <b>F. PILATES ARC</b> Elena	09:45 - 10:30 <b>F. ACQUAGYM</b> Francesca		
		11:15 - 12:00 <b>F. AERIAL YOGA</b> Andrea		11:00 - 11:45 <b>F. PILATES</b> Ilaria	10:30 - 11:30 <b>F. ACQUAGYM</b> Francesca	11:00 - 11:45 <b>F. RIEDUCAZIONE</b> Andrea M.	
			12:30 - 13:15 <b>F. HIIT TRAINING</b> Carlotta	12:00 - 12:45 <b>F. POSTURAL TRAINING</b> Francesca		12:00 - 13:00 <b>F. CIRCUIT TRAINING</b> Andrea M.	12:30 - 13:15 <b>F. SKILL BIKE TRAINING</b> Andrea
						13:00 - 13:45 <b>F. HIDROBIKE</b> Andrea M.	
			17:30 - 18:15 <b>F. FIT COMBACT</b> Giovanni	17:30 - 18:15 <b>F. ABS &amp; GLUTEI</b> Antonio			
			18:30 - 19:15 <b>F. TOTAL BODY</b> Giovanni	18:30 - 19:15 <b>F. PILATES</b> Elena			
19:00 - 19:45 <b>F. CROSSFIT</b> Mirko			19:30 - 20:15 <b>F. CARDIO TONE</b> Giovanni	19:20 - 20:05 <b>F. FUNCTIONAL TRAINING</b> Simona		19:15 - 20:00 <b>F. HIDROBIKE</b> (LEZIONE SOLO PER DONNE) Daniela	19:15 - 20:00 <b>F. SKILL BIKE TRAINING</b> Marzia
	19:45 - 21:15 <b>F. BOOTCAMP</b> Daniele V.						
OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA

VENERDI' 5 NOVEMBRE

OUTDOOR GYM 1	OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	SALA CORSI	PISCINA 2	SKILL BIKE AREA
				08:15 - 09:00 <b>F. YOGILATES</b> Antonio			08:30 - 09:15 <b>F. SKILL BIKE TRAINING</b> Daniele V.
09:45 - 10:30 <b>F. CROSSFIT</b> Daniele V.			09:15 - 10:00 <b>F. ZUMBA</b> Laura				
	10:45 - 12:15 <b>F. BOOTCAMP</b> Daniele V.		10:15 - 11:00 <b>F. TOTAL BODY</b> Laura	10:15 - 11:00 <b>F. QI GONG</b> (Sala Corsi) Maurizio & Donatella			
			11:15 - 12:00 <b>F. LOW BODY</b> Laura	11:00-11:45 <b>F. QI GONG</b> (Sala Corsi) Maurizio & Donatella			
				12:15 - 13:00 <b>F. POSTURAL TRAINING</b> Antonio		13:15 - 14:00 <b>F. ACQUAFITNESS</b> Antonio	12:15 - 13:00 <b>F. SKILL BIKE TRAINING</b> Daniele V.
			18:00 - 18:45 <b>F. UPPER BODY</b> Debora			17:45 - 18:30 <b>F.HIDROBIKE</b> (LEZIONE SOLO PER DONNE) Piero	
			18:45 - 19:30 <b>F. TOTAL BODY</b> Debora			18:30 - 19:15 <b>F.HIDROBIKE</b> Piero	
<b>OUTDOOR GYM 1</b>	<b>OUTDOOR GYM 2</b>	<b>GYM FLOOR</b>	<b>SALA 1</b>	<b>SALA 3</b>	<b>SALA CORSI</b>	<b>PISCINA 2</b>	<b>SKILL BIKE AREA</b>

**SABATO 6 NOVEMBRE**

OUTDOOR GYM 1		OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
								09:15 - 10:00 F. SKILL BIKE TRAINING Antonio
				11:30 - 12:15 F. TOTAL BODY Claudia M.		10:00 - 10:45 F. ACQUAFITNESS Piero		10:15 - 11:00 F. SKILL BIKE TRAINING Antonio
				11:30 - 12:15 F. PILATES Claudia M.		10:45 - 11:30 F. ACQUAFITNESS Piero		
OUTDOOR GYM 1	OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA	SKILL BIKE AREA

DOMENICA 7 NOVEMBRE