

OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
				07:15 - 08:00 F. POSTURALE Francesca	07:10 - 07:55 F. ACQUAFITNESS Claudia M.		
			08:00 - 08:45 F. FUNCTIONAL TRAINING Massimo	08:00 - 08:45 F. TOTAL BODY Claudia M.			
		08:30 - 09:10 F. OUTRACE TRAINING Gianluca		09:00 - 09:45 F. POSTURAL TRAINING Massimo		09:00-09:45 F. HIDROBIKE Ilaria	09:00 - 09:45 F. SKILL BIKE TRAINING Antonio
			09:15 - 10:00 F. SALUTE DINAMICA Gianluca		09:45 - 10:30 F. ACQUAGYM Francesca		
		10:00 - 10:45 F. AERIAL YOGA Elita	10:15 - 11:00 F. SALUTE DINAMICA Gianluca	10:00 - 10:45 F. PILATES ARC Elena	10:30 - 11:15 F. ACQUAGYM Francesca		
				11:00 - 11:45 F. PILATES Ilaria		11:00 - 11:45 F. RIEDUCAZIONE Andrea M.	
		11:15 - 12:00 F. AERIAL YOGA Andrea	11:15 - 12:15 F. BALLI DI GRUPPO BASE Sabrina			12:00 - 13:00 F. CIRCUIT TRAINING Andrea M.	
				12:00 - 12:45 F. POSTURAL TRAINING Francesca		13:00 - 13:45 F. HIDROBIKE Andrea M.	
			12:30 - 13:15 F. HIIT TRAINING Carlotta				13:30 - 14:15 F. SKILL BIKE TRAINING Carlotta
	15:45 - 16:30 F. TRX GLUTEI & ABS Antonio	14:30 - 15:15 F. AERIAL YOGA INTERMEDIO Elita					
	16:45 - 17:30 F. TRX CONDITIONING Antonio		16:30 - 17:15 F. PILATES REVOLUTION Luca				
			17:30 - 18:15 F. POWER FIGHT Luca	17:30 - 18:15 F. ABS & GLUTEI Carlotta		17:45 - 18:30 F. ACQUAFITNESS (LEZIONE SOLO PER DONNE) Antonio	18:30 - 19:15 F. SKILL BIKE TRAINING Carlotta
			18:30 - 19:15 F. POWER FUSION Luca	18:30 - 19:15 F. PILATES Elena		18:30 - 19:15 F. HIDROBIKE (LEZIONE SOLO PER DONNE) Daniela	19:30 - 20:15 F. SKILL BIKE TRAINING Carlotta
19:00 - 19:45 F. CROSSFIT Mirko			19:30 - 20:15 F. BODY BLAST Luca	19:20 - 20:05 F. FUNCTIONAL TRAINING Simona		19:15 - 20:10 F. ACQUAFITNESS (LEZIONE SOLO PER DONNE) Daniela	
	19:45 - 21:15 F. BOOTCAMP Daniele V.			20:10 - 20:55 F. YOGILATES Antonio			
OUTDOOR GYM 1	OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA

LUNEDI' 29 NOVEMBRE

OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
			07:15 - 08:00 F.FUNCTIONALTRAINING Simona				07:15 - 08:00 F. SKILL BIKE TRAINING Daniele V.
	08:00 - 09:00 F. CROSSFIT Daniele V.			08:15 - 09:00 F. CONDITIONING Andrea P.			
			09:30 - 10:15 F. YOGA Federica	09:15 - 10:00 F. LOW BODY Laura	09:15 - 10:00 F. ACQUAFITNESS Andrea P.		09:15 - 10:00 F. SKILL BIKE TRAINING Daniele V.
		10:30 - 11:15 F. AERIAL YOGA BASE Daniele	10:30 - 11:15 F. POSTURALE Davide	10:15 - 11:00 F. TOTAL BODY Laura	10:00 - 10:45 F. ACQUAFITNESS Debora		
		11:30 - 12:15 F. AERIAL YOGA BASE Daniele	11:30 - 12:15 F. POSTURALE Davide			11:15 - 12:00 F. HIDROBIKE Andrea P.	
			12:30 - 13:15 F. FUNCTIONAL STRETCHING Carlotta	12:15 - 13:00 F. PILATES Andrea P.			
	13:15 - 14:00 F. M.A.C TRAINIGN Mobility Agility Core Carlotta			13:15 - 14:00 F. TOTAL BODY Andrea P.			
			16:30 - 17:15 F. FIT COMBACT Andrea	15:45 - 16:30 F. POSTURAL DYNAMIC Giacomo			
	17:30 - 19:00 F. CALISTHENICS Liv 1 Andrea		17:35 - 18:20 F. CONDITIONING Claudia DM	16:45 - 17:30 F. PILATES Claudia DM			
	19:00 - 21:00 F. CALISTHENICS Liv 2 Andrea		18:30 - 19:15 F. LOW BODY Claudia DM	17:45 - 19:00 F. VINYASA YOGA Giorgia		18:30 - 19:15 F. ACQUAFITNESS (LEZIONE SOLO PER DONNE) Debora	18:45 - 19:30 F. SKILL BIKE TRAINING Carlotta
			19:30 - 20:15 F. G.A.G. Claudia DM	19:15 - 20:00 F.FUNCTIONALTRAINING Massimo		19:15 - 20:00 F. HIDROBIKE (LEZIONE SOLO PER DONNE) Debora	
				20:15 - 21:45 F. SATI DYNAMIC Evi			
OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA

MARTEDI' 30 NOVEMBRE

OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
			07:15 - 08:00 F. PILATES Antonio	07:15 - 08:00 F. POSTURALE Francesca	07:10 - 07:55 F. ACQUAFITNESS Debora		
			08:15 - 09:00 F. METABOLIC CONDITIONING Massimo	08:00 - 08:45 F. TOTAL BODY Debora			
		08:30 - 09:10 F. OUTRACE TRAINING Gianluca		09:00 - 09:45 F. POSTURAL TRAINING Massimo			09:15 - 10:00 F. SKILL BIKE TRAINING Antonio
	09:30 - 10:15 F. TRX CONDITIONING Carlotta		09:15 - 10:00 F. SALUTE DINAMICA Gianluca		9:00 - 9:45 F. ACQUAFITNESS Ilaria		
		10:00 - 10:45 F. AERIAL YOGA Elita	10:15 - 11:00 F. SALUTE DINAMICA Gianluca	10:00 - 10:45 F. PILATES ARC Elena	09:45 - 10:30 F. ACQUAGYM Francesca		
					10:30 - 11:30 F. ACQUAGYM Francesca		
		11:15 - 12:00 F. AERIAL YOGA Andrea	11:15 - 12:15 F. BALLI DI GRUPPO BASE Sabrina	11:00 - 11:45 F. PILATES Ilaria		11:00 - 11:45 F. RIEDUCAZIONE Andrea M.	
			12:30 - 13:15 F. HIIT TRAINING Carlotta	12:00 - 12:45 F. POSTURAL TRAINING Francesca		12:00 - 13:00 F. CIRCUIT TRAINING Andrea M.	
						13:00 - 13:45 F. HIDROBIKE Andrea M.	
		14:30 - 15:15 F. AERIAL YOGA INTERMEDIO Elita					13:30 - 14:15 F. SKILL BIKE TRAINING Carlotta
	15:45 - 16:30 F. TRX GLUTEI & ABS Antonio		16:30 - 17:15 F. YOGA REVOLUTION Luca				
	16:45 - 17:30 F. TRX CONDITIONING Antonio			17:30 - 18:15 F. ABS & GLUTEI Carlotta		17:45 - 18:30 F. ACQUAFITNESS (LEZIONE SOLO PER DONNE) Antonio	
			17:30 - 18:15 F. POWER FUSION Luca				
			18:30 - 19:15 F. POWER FIGHT Luca	18:30 - 19:15 F. PILATES Elena		18:30 - 19:15 F. ACQUAFITNESS (LEZIONE SOLO PER DONNE) Daniela	18:45 - 19:30 F. SKILL BIKE TRAINING Marzia
19:00 - 19:45 F. CROSSFIT Mirko			19:30 - 20:15 F. POWER TONE Luca	19:20 - 20:05 F. FUNCTIONAL TRAINING Simona			
				20:10 - 20:55 F. YOGILATES Antonio		19:15 - 20:10 F. HIDROBIKE (LEZIONE SOLO PER DONNE) Daniela	
	19:45 - 21:15 F. BOOTCAMP Daniele V.						
OUTDOOR GYM 1	OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA

MERCOLEDI' 1 DICEMBRE

OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
			07:15 - 08:00 F.FUNCTIONALTRAINING Simona				07:15 - 08:00 F. SKILL BIKE TRAINING Daniele V.
	08:00 - 09:00 F. CROSSFIT Daniele V.			08:15 - 09:00 F. CONDITIONING Andrea P.			
			09:30 - 10:15 F. YOGA Federica	09:15 - 10:00 F. TOTAL BODY Laura	09:15 - 10:00 F. ACQUAFITNESS Andrea P.		09:15 - 10:00 F. SKILL BIKE TRAINING Daniele V.
		10:30 - 11:15 F. AERIAL YOGA BASE Daniele	10:30 - 11:15 F. POSTURALE Davide	10:15 - 11:00 F. LOW BODY Laura	10:00 - 10:45 F. ACQUAFITNESS Ilaria		
		11:30 - 12:15 F. AERIAL YOGA BASE Daniele	11:30 - 12:15 F. POSTURALE Davide			11:15 - 12:00 F. HIDROBIKE Andrea P.	
			12:30 - 13:15 F. FUNCTIONAL STRETCHING Carlotta	12:15 - 13:00 F. PILATES Andrea P.			
	13:15 - 14:00 F. M.A.C TRAINIGN Mobility Agility Core Carlotta			13:15 - 14:00 F. TOTAL BODY Andrea P.			
			16:30 - 17:15 F. FIT COMBACT Andrea	15:45 - 16:30 F. POSTURAL DYNAMIC Giacomo			
	17:30 - 19:00 F. CALISTHENICS Liv 1 Andrea		17:35 - 18:20 F. CONDITIONING Claudia DM	16:45 - 17:30 F. PILATES Claudia DM			
	19:00 - 21:00 F. CALISTHENICS Liv 2 Andrea		18:30 - 19:15 F. LOW BODY Claudia DM	17:45 - 19:00 F. VINYASA YOGA Giorgia		18:30 - 19:15 F. ACQUAFITNESS (LEZIONE SOLO PER DONNE) Debora	18:45 - 19:30 F. SKILL BIKE TRAINING Carlotta
			19:30 - 20:15 F. G.A.G. Claudia DM	19:15 - 20:00 F.FUNCTIONALTRAINING Massimo		19:15 - 20:00 F. HIDROBIKE (LEZIONE SOLO PER DONNE) Debora	
				20:15 - 21:45 F. SATI DYNAMIC Evi			
OUTDOOR GYM 1 OUTDOOR GYM 2		GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA

GIOVEDI' 2 DICEMBRE

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

VENERDI' 3 DICEMBRE

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

SABATO 4 DICEMBRE

OUTDOOR GYM 1		OUTDOOR GYM 2	GYM FLOOR	SALA 1	SALA 3	PISCINA 1	PISCINA 2	SKILL BIKE AREA
				09:30 - 10:15 F. PUMP Alessia C.				09:15 - 10:00 F. SKILL BIKE TRAINING Antonio
				10:30 - 11:15 F. TOTAL BODY Claudia M.	10:45 - 11:30 F. STEP CHOREO Alessia C.	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 5 DICEMBRE