

LUNEDÌ		ORA	7:15 - 8:00	8:15 - 9:00	9:30 - 10:15	10:30 - 11:15	13:30 - 14:15	14:20 - 15:05	17:15 - 18:00	18:15 - 19:00	19:15 - 20:00	20:00 - 20:45
LUNEDÌ	GIOVE				GAG JENN4		FUNCTIONAL TRAINING GABRIELLA	WOMAN FUNCTIONAL GABRIELLA	TOTAL BODY JENN4	PROGRAMMA POSTURALE MAILA		CROSS TRAINING CARLANDREA
	MERCURIO	7:00	BUR ENERGY GIULIA				INDOOR CYCLING MASSIMO		BUR ENERGY CARLANDREA		INDOOR CYCLING MASSIMO	
	PISCINA ALLAPERTO										FITNESS IN PISCINA GIULIANO	PILATES MATWORK JENN4
	TERRAZZA STRUTTURA ESTERNA									FUNCTIONAL OUTDOOR GABRIELLA		
	CITTA' LUNGOFUME			LIGHT WOURKOUT JENN4								
	NETTUNO					AQUA GYM GIULIA	AQUA FITNESS GIULIA				AQUA FUNCTIONAL GABRIELLA	AQUA TONIC DANIELE
MARTEDÌ		ORA	7:15 - 8:00	8:15 - 9:00	9:30 - 10:15	10:30 - 11:15	13:30 - 14:15	14:20 - 15:05	17:20 - 18:05	18:30 - 19:15	19:15 - 20:00	20:00 - 20:45
MARTEDÌ	GIOVE			YOGA MAILA		PROGRAMMA POSTURALE CARLO			FUNCTIONAL TRAINING GABRIELLA		FUNCTIONAL TRAINING GABRIELLA	
	MERCURIO		INDOOR CYCLING MASSIMO				POSTURALE MAILA			INDOOR CYCLING LORIS		INDOOR CYCLING LORIS
	PISCINA ALLAPERTO									GAG IN PISCINA JENN4	DANCE FITNESS JENN4	
	TERRAZZA STRUTTURA ESTERNA				FUNCTIONAL OUTDOOR GABRIELLA					CALISTHENIC WORK OUT CARLO		
	CITTA' LUNGOFUME						FITNESS OUTDOOR GIULIANO					
	NETTUNO					HYDROBIKE GIULIA	HYDROBIKE GIULIA	HYDROBIKE GIULIA			AQUA FITNESS GIULIA	
MERCOLEDÌ		ORA	7:15 - 8:00	8:15 - 9:00	9:30 - 10:15	10:30 - 11:15	13:30 - 14:15	14:20 - 15:05	17:15 - 18:00	18:15 - 19:00	19:15 - 20:00	20:00 - 20:45
MERCOLEDÌ	GIOVE				TOTAL BODY JENN4		FUNCTIONAL TRAINING GABRIELLA	WOMAN FUNCTIONAL GABRIELLA	TOTAL BODY GABRIELLA	PROGRAMMA POSTURALE MAILA		CROSS TRAINING CARLANDREA
	MERCURIO	7:00	BUR ENERGY GIULIA				INDOOR CYCLING MASSIMO		BUR ENERGY CARLANDREA		INDOOR CYCLING MASSIMO	
	PISCINA ALLAPERTO											YOGA MAILA
	TERRAZZA STRUTTURA ESTERNA									FUNCTIONAL OUTDOOR GABRIELLA		
	CITTA' LUNGOFUME			LIGHT WOURKOUT JENN4							URBAN FITNESS GIULIANO - GIUSEPPE	
	NETTUNO					AQUA GYM GIULIA	AQUA FITNESS GIULIA		AQUA TONIC GIULIA		HYDROBIKE DANIELE	AQUA TONIC DANIELE
GIOVEDÌ		ORA	7:15 - 8:00	8:15 - 9:00	9:30 - 10:15	10:30 - 11:15	13:30 - 14:15	14:20 - 15:05	17:15 - 18:00	18:15 - 19:00	19:15 - 20:00	20:00 - 20:45
GIOVEDÌ	GIOVE					PROGRAMMA POSTURALE CARLO			FUNCTIONAL TRAINING GABRIELLA		FUNCTIONAL TRAINING GABRIELLA	
	MERCURIO		INDOOR CYCLING MASSIMO				POSTURALE MAILA			INDOOR CYCLING LORIS		INDOOR CYCLING LORIS
	PISCINA ALLAPERTO									GAG IN PISCINA JENN4	JUMP JENN4	
	TERRAZZA STRUTTURA ESTERNA				FUNCTIONAL OUTDOOR GABRIELLA					CALISTHENIC WORK OUT CARLO		
	CITTA' LUNGOFUME						FITNESS OUTDOOR GIULIANO					
	NETTUNO					HYDROBIKE GIULIA	HYDROBIKE GIULIA	HYDROBIKE GIULIA			AQUA FITNESS GIULIA	
VENERDÌ		ORA	7:15 - 8:00	8:15 - 9:00	9:30 - 10:15	10:30 - 11:15	13:30 - 14:15	14:20 - 15:05	17:15 - 18:00	18:15 - 19:00	19:15 - 20:00	20:00 - 20:45
VENERDÌ	GIOVE				GAG JENN4		FUNCTIONAL TRAINING GABRIELLA		TOTAL BODY JENN4	PROGRAMMA POSTURALE MAILA		CROSS TRAINING CARLANDREA
	MERCURIO	7:00	BUR ENERGY GIULIA				INDOOR CYCLING MASSIMO		BUR ENERGY CARLANDREA		INDOOR CYCLING MASSIMO	
	PISCINA ALLAPERTO										FITNESS IN PISCINA CARLANDREA	
	TERRAZZA STRUTTURA ESTERNA									FUNCTIONAL OUTDOOR GABRIELLA		
	CITTA' LUNGOFUME											
	NETTUNO					AQUA GYM GIULIA	AQUA FITNESS GIULIA				AQUA FUNCTIONAL GABRIELLA	
SABATO		ORA	7:15 - 8:00	8:15 - 9:00	9:00 - 10:00	10:30 - 11:15	13:30 - 14:15					
SABATO	GIOVE											
	MERCURIO				BUR ENERGY GIULIA	INDOOR CYCLING MASSIMO						

## LEGENDA ABBONAMENTI

Sport e Ben-essere

Group Cycling e Walking e Ben-essere

A pagamento con prenotazione

Acqua e Ben-essere