

		MATTINA			PAUSA PRANZO		POMERIGGIO			SERA
		07:00 - 07:45 TOTAL BODY GIULIA	09:15 - 10:00 GAMBE ADDOME GLUTEI JENNY		13:30 - 14:15 FUNCTIONAL TRAINING GABRIELLA	14:15 - 15:00 WOMAN FUNCTIONAL GABRIELLA	17:00 - 17:45 TOTAL BODY JENNY	18:00 - 18:15 FUNCTIONAL TRAINING GABRIELLA		20:15 - 21:00 CROSS TRAINING CARLANDREA
LUNEDÌ	GIOVE									
	MERCURIO TERRAZZO				13:45 - 14:30 GROUP CYCLING MARIO				19:15 - 20:00 GROUP CYCLING MARIO	
	MARTE						18:15 - 19:00 PROGRAMMA POSTURALE CARLANDREA			
	ATTIVITÀ PISCINA ESTERNA		08:15 - 09:00 LIGHT WORKOUT JENNY						19:00 - 19:45 FITNESS GIULIANO	20:00 - 20:45 MATWORK JENNY
	NETTUNO			10:30 - 11:15 AQUA GYM GIULIA	13:15 - 14:00 AQUA FITNESS DANIELE			18:45 - 19:30 AQUA FUNCTIONAL GABRIELLA		
MARTEDÌ	GIOVE		09:30 - 10:15 FUNCTIONAL TRAINING GABRIELLA	10:45 - 11:30 PROGRAMMA POSTURALE CARLO	13:30 - 14:15 FITNESS GIULIANO	14:20 - 15:05 POLE DANCE DARIA	17:15 - 18:00 FUNCTIONAL TRAINING GABRIELLA		19:00 - 19:45 FUNCTIONAL TRAINING GABRIELLA	
	MERCURIO TERRAZZO	07:00 - 07:45 GROUP CYCLING MARIO						18:00 - 18:45 GROUP CYCLING MARIO / LORIS		20:15 - 21:00 GROUP CYCLING MARIO / LORIS
	MARTE				13:45 - 14:30 PROGRAMMA POSTURALE CARLO				19:15 - 20:00 KICK BOXING GIUSEPPE	20:15 - 21:00 KICK BOXING GIUSEPPE
	ATTIVITÀ PISCINA ESTERNA						18:15 - 19:00 GAMBE ADDOME GLUTEI JENNY		19:15 - 20:00 DANCE FITNESS JENNY	
	NETTUNO			10:30 - 11:15 IDROBIKE GIULIA	13:15 - 14:00 IDROBIKE GIULIA	14:15 - 15:00 IDROBIKE GIULIA			19:15 - 20:00 ACQUA FITNESS DANIELE	20:20 - 21:00 ACQUA TONIC DANIELE
MERCOLEDÌ	GIOVE		09:15 - 10:00 PILATES MATWORK JENNY		13:30 - 14:15 FUNCTIONAL TRAINING GABRIELLA	14:15 - 15:00 WOMAN FUNCTIONAL GABRIELLA	17:00 - 17:45 TOTAL BODY GABRIELLA	18:00 - 18:15 FUNCTIONAL TRAINING GABRIELLA		20:15 - 21:00 CROSS TRAINING CARLANDREA
	MERCURIO TERRAZZO				13:45 - 14:30 GROUP CYCLING MARIO				19:15 - 20:00 GROUP CYCLING MARIO	
	MARTE						18:15 - 19:00 PROGRAMMA POSTURALE CARLANDREA		19:15 - 20:00 KRAV MAGA GIUSEPPE	
	ATTIVITÀ PISCINA ESTERNA	07:00 - 07:45 PILATES MATWORK JENNY	08:15 - 09:00 LIGHT WORKOUT JENNY						19:00 - 19:45 FITNESS GIULIANO	
	NETTUNO			10:30 - 11:15 AQUA GYM GIULIA	13:15 - 14:00 AQUA FITNESS DANIELE		17:15 - 18:00 AQUA FITNESS GIULIA	18:45 - 19:30 IDROBIKE DANIELE		
GIOVEDÌ	GIOVE		09:30 - 10:15 FUNCTIONAL TRAINING GABRIELLA	10:45 - 11:30 PROGRAMMA POSTURALE CARLO	13:30 - 14:15 FITNESS GIULIANO	14:20 - 15:05 POLE DANCE DARIA	17:15 - 18:00 FUNCTIONAL TRAINING GABRIELLA		19:00 - 19:45 FUNCTIONAL TRAINING GABRIELLA	
	MERCURIO TERRAZZO	07:00 - 07:45 WALKING CARLANDREA						18:00 - 18:45 WALKING CARLANDREA		
	MARTE				13:45 - 14:30 PROGRAMMA POSTURALE CARLO				19:15 - 20:00 KICK BOXING GIUSEPPE	20:15 - 21:00 KICK BOXING GIUSEPPE
	ATTIVITÀ PISCINA ESTERNA						18:15 - 19:00 GAMBE ADDOME GLUTEI JENNY		19:15 - 20:00 JUMP JENNY	20:15 - 21:00 PILATES MATWORK JENNY
	NETTUNO			10:30 - 11:15 IDROBIKE GIULIA	13:15 - 14:00 IDROBIKE GIULIA	14:15 - 15:00 IDROBIKE GIULIA			19:15 - 20:00 ACQUA FITNESS DANIELE	20:20 - 21:00 ACQUA TONIC DANIELE
VENERDÌ	GIOVE	07:00 - 07:45 TOTAL BODY GIULIA	09:15 - 10:00 GAMBE ADDOME GLUTEI JENNY		13:30 - 14:15 FUNCTIONAL TRAINING GABRIELLA		17:00 - 17:45 TOTAL BODY JENNY	18:00 - 18:15 FUNCTIONAL TRAINING GABRIELLA		20:15 - 21:00 CROSS TRAINING CARLANDREA
	MERCURIO TERRAZZO				13:45 - 14:30 GROUP CYCLING MARIO				19:15 - 20:00 GROUP CYCLING MARIO	
	MARTE						18:15 - 19:00 PROGRAMMA POSTURALE CARLANDREA			
	ATTIVITÀ PISCINA ESTERNA								19:00 - 19:45 FITNESS CARLANDREA	
	NETTUNO			10:30 - 11:15 AQUA GYM GIULIA	13:15 - 14:00 AQUA FITNESS DANIELE			18:45 - 19:30 AQUA FUNCTIONAL GABRIELLA		
SABATO	GIOVE	09:15 - 10:00 PILATES MATWORK JENNY					11:15 - 12:00 TONIFICAZIONE TURNAZIONE			
	MERCURIO TERRAZZO		10:30 - 11:15 GROUP CYCLING MARIO							
	NETTUNO		10:45 - 11:30 IDROBIKE JENNY							
DOMENICA	GIOVE									
	MERCURIO TERRAZZO				10:30 - 11:15 GROUP CYCLING MONICA					

LEGENDA ABBONAMENTI

Sport e Ben-essere

Group Cycling - Indoor Cycling - Walking e Ben-essere

Kick Boxing - Krav Maga e Ben-essere

Acqua e Ben-essere