

**LUNEDI'**

06:30-07:15 - CROSSGYM Fabrizio
07:30-08:15 - ACQUAGYM Barbara
13:30-14:30 - ATHLETIC Piero
13:30-14:30 - SPINNING Sala Spinning
16:45-17:45 - TOTAL BODY Gabriella +LIVE FACEBOOK
18:00-18:50 - ZUMBA Alessio G. SalaB
18:15-19:00 - PUMP Gianluca salaA
19:00-19:50 - ROWING
19:10-20:00 - GAG Gabriella +LIVE FACEBOOK SalaA
19:10-19:55 - ACQUAGYM Barbara
20:10-21:00 - CROSSGYM Raffaella SalaA

**MARTEDI'**

07:30 - 08:30 - TOTAL BODY Alessio sala A
11:00-11:45 - ACQUAGYM Annalisa
13:00-13:45 - ACQUAGYM Valentina
13:30-14:30 - CROSSGYM Raffaella +LIVE FACEBOOK
13:30-14:30 - ROWING Sala Rowing
17:30-18:20 - FLOWIN Francesco SalaB
18:00-18:50 - STEP TONE Alessia C. Sala A
18:00-18:50 - PILATES Giovanni +LIVE FACEBOOK
19:00-19:50 - SPINNING Fabrizio
19:00-19:50 - CROSSGYM Claudio SalaA
19:10-19:55 - HYDROBIKE Barbara

**MERCOLEDI'**

06:30-07:15 - CROSSGYM Fabrizio
07:30-08:30 - FITNESS Sellitto
07:30-08:30 - SPINNING Sala Spinning
07:30-08:15 - ACQUAGYM Barbara
13:30-14:30 - PUMP Stefano sala A
16:45-17:45 - TOTAL BODY Gabriella +LIVE FACE
18:10 -19:00 PUMP Alessia C. SalaA
19:00-19:50 - ROWING
19:10-20:00 - GAG Gabriella +LIVE FACEBOOK
19:10-19:55 - ACQUAGYM Barbara
20:10-21:00 - CROSSGYM Raffaella

**GIOVEDI'**

07:30 - 08:30 - TOTAL BODY Alessio sala A
09:30-10:30 - TOTAL BODY Annalisa
13:00-13:45 - ACQUAGYM Valentina
13:30-14:30 - CROSSGYM Raffaella +LIVE FACEBOOK
13:30-14:30 - SPINNING sala Spinning
18:00-18:50 - PILATES Giovanni salaB
19:00-19:50 - SPINNING Fabrizio
19:00-19:50 - CROSSGYM Claudio SalaA
19:10-19:55 - HYDROBIKE Giulia

**VENERDI'**

06:30-07:15 - CROSSGYM Fabrizio
07:30-08:30 - SPINNING Sala Spinning
07:30-08:15 - ACQUAGYM Barbara
13:30-14:30 - STEP Barbato SalaA
13:30-14:30 - ROWING
16:45-17:45 -TOTAL BODY Alessia C.+LIVEFACE
18:00-18:50 - ZUMBA Alessio G. SalaB
18:30-19:20 - PUMP Gianluca SalaA
19:00-20:00 - ROWING
19:30-20:30 - STEP Piero M.

**SABATO**

10:30-11:30 - GAG Daniela
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**DOMENICA**

CAPOEIRA LUN. 20:30 MERC. 21:00
BOXE COMPETITION MART/GIO. 18:45
KICKBOXING LUN/MER/VEN 19:00
SALSA MERC. 20/21 PRINC. - 21/22 INT. - 22/23 AVANZ.

**ORARIO SALA PESI**

LUN/MER/VEN 06:00 - 22:30 CHIUSURA 23:00  
 MART/GIO 07:00 - 22:30 CHIUSURA 23:00  
 SABATO 09:00 - 18:00 CHIUSURA 18:30  
 DOMENICA 09:00 - 14:30 CHIUSURA 15:00

LA DIREZIONE SI RISERVA  
 IL DIRITTO DI VARIARE  
 IN QUALSIASI MOMENTO  
 IL PRESENTE ORARIO



**ORARIO DAL 14 AL 20 SETTEMBRE 2020**