

LUNEDI'

MARTEDI'

MERCOLEDI'

06:30-07:15 CROSS GYM FABRIZIO	07:30-08:30 TOTAL BODY ALESSIO	06:30-07:15 CROSS GYM FABRIZIO
07:30-08:15 HYDROBIKE BARBARA	07:30-08:15 ACQUAGYM ANNALISA	07:30-08:15 ACQUAGYM BARBARA
07:30-08:30 SPINNING FABRIZIO	11:15-12:05 ACQUAGYM ANNALISA	07:30-08:30 SPINNING FABRIZIO
08:30-11:00/12:30-15:00 NUOTO ASSISTITO		09:30-10:30 TONE UP DANIELA
09:30-10:30 TONE UP DANIELA	13:30-14:30 CROSS GYM RAFFAELLA	
13:30-14:30 TOTAL BODY ALESSIO	13:10-13:55 ACQUAGYM ALESSIO	13:30-14:30 SPINNING MAURIZIO
13:30-14:30 SPINNING MAURIZIO		13:30-14:30 CIRC.TRAINING ALESSIO
17:30-18:30 TOTAL BODY GABRIELLA	16:30-17:30 TOTAL BODY ROBERTO	
18:10-19:05 PUMP ALESSIA	18:00-19:00 FLEX&TONE ROBERTO	17:30-18:30 TOTAL BODY GABRIELLA
19:00-20:00 WALKING PAOLO	18:30-19:25 PILATES YOGA GIOVANNI	18:10-19:00 STEP BASE ALESSIA
19:00-20:00 GAG GABRIELLA	18:30-19:30 SPINNING FABRIZIO	19:00-19:55 CROSS GYM CLAUDIO
19:00-20:00 ROWING GIANLUCA	19:00-19:55 PUMP GIANLUCA	19:00-20:00 GAG GABRIELLA
19:05-19:55 STEP INTERM. ALESSIA	19:30-20:30 SPINNING FABRIZIO	19:10-19:55 HYDROBIKE BARBARA
19:15-20:00 ACQUAGYM BARBARA	19:15-20:00 ACQUAGYM ALESSIO	19:00-20:00 ROWING EUGENIO
20:00-20:55 GYM&TONE ROBERTO		

GIOVEDI'

VENERDI'

SABATO

07:30-08:30 TOTAL BODY ALESSIO		
07:30-11:00 NUOTO ASSISTITO		10:30-11:30 TOTAL BODY DANIELA
11:15-12:05 ACQUAGYM ANNALISA	13:30-14:30 STEP&TONE ROBERTO	
12:30-15:00 NUOTO ASSISTITO	16:30-17:30 TOTAL BODY ALESSIA	DOMENICA
13:10-13:55 ACQUAGYM BARBARA	18:10-19:00 FAT BURNER ALESSIA	
13:30-14:30 CROSS GYM RAFFAELLA	19:00-20:00 ROWING GIANLUCA	
18:00-18:55 ZUMBA CHIARA	19:05-20:00 AEROBICA AUGUSTO	
18:30-19:25 PILATES YOGA GIOVANNI	19:10-19:55 ACQUAGYM ROBERTO	11:00-12:00 GYM&TONE ROBERTO
18:30-19:30 SPINNING FABRIZIO	ORARIO SALA PESI	
18:30-19:30 WALKING PAOLO	LUN/MER/VEN 06:00-22:30 CHIUSURA 23:00	LUN/MER 06:00-07:20/08:30-15:50/20:00-22:30
19:00-19:55 PUMP GIANLUCA	MAR/GIO 07:00-22:30 CHIUSURA 23:00	MART 08:20-11:10/12:10-13:00/14:00-15:50/20:00-22:30
19:15-20:00 ACQUAGYM ALESSIO	SABATO 09:00-18:00 CHIUSURA 18:30	GIO 07:00-11:10/12:10-15:50/20:00-22:30
 LA DIREZIONE SI RISERVA IL DIRITTO DI VARIARE IN QUALSIASI MOMENTO IL PRESENTE ORARIO	DOMENICA 09:00-14:30 CHIUSURA 15:00	VEN 06:00-15:50/19:00-22:30
		SABATO 13:00-17:00
		DOMENICA 09:00-14:30

PLANNING DAL 16 AL 22 GENNAIO