

**FITNESS DI SALA STAGIONE 25-26**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
		POSTURALFIT 8:00-8:50		ARMO & POST 8:45-9:35	
ARMO & POST 8:45-9:35	MOBILITY 09:00-10:00	FUNZIONALE 09:00-10:00	FITBALL 09:00-10:00	TOTALBODY 9:00-10:00	FUNZIONALE 09:00-10:00
TOTALBODY 9:00-10:00	INTENSIVE T.B. 09:00-10:00	PILAFIT 09:00-10:00	INTENSIVE T.B. 09:00-10:00	PILAFIT 10:00-11:00	PILAFIT 09:10-10:10
PILAFIT 10:00-11:00	POSTURALFIT 10:00-11:00	POWER GLUTES 10:00-11:00	POSTURALFIT 10:00-11:00	WBS 11:00-11:50	POWER GLUTES 10:00-11:00
WBS 11:00-11:50					
TOTALBODY 13:40-14:40	STRONG NATION 13:10-14:10	TOTALBODY 13:40-14:40	STRONG NATION 13:10-14:10	TOTALBODY 13:40-14:40	TOTALBODY 10:10-11:10
TOTALBODY 17:00-18:00	PILAFIT 16:00-17:00	TOTALBODY 17:00-18:00	PILAFIT 16:00-17:00	INTENSIVE T.B. 17:15-18:00	
POSTURAL-PILAFIT 17:00-18:00	YOPIDA 17:00-18:00	POSTURAL-PILAFIT 17:20-18:20	YOPIDA 17:00-18:00	POSTURAL-PILAFIT 17:00-18:00	
FUNZIONALE 18:10-19:10	PUMPBLAST 18:00-18:50	FUNZIONALE 18:10-19:10	PUMPBLAST 18:00-18:50	FUNZIONALE 18:00-19:00	
YOGAFIT 18:30-19:30	FITBALL 18:10-19:10	MOBILITY 18:30-19:30	FITBALL 18:10-19:10	POSTURALFIT 18:30-19:30	
MACUMBA 19:20-20:20	SUPERJUMP 18:50-19:40	MACUMBA 19:20-20:20	SUPERJUMP 18:50-19:40	MACUMBA 19:20-20:20	
WBS 19:30-20:20	POSTURAL FIT 19:10-20:10	WBS 19:30-20:20	POSTURAL FIT 19:10-20:10	WBS 19:30-20:20	
TABATA 19:30-20:20	TOTALBODY 19:40-20:40	TABATA 19:30-20:20	TOTALBODY 19:40-20:40	TABATA 19:30-20:20	
PRE-BOXE 20:20-21:20	INTENSIVE T.B. 20:10-21:10	PRE-BOXE 20:20-21:20	INTENSIVE T.B. 20:10-21:10	PRE-BOXE 20:20-21:20	
PILAFIT 20:20-21:20		YOGAFIT 20:20-21:20		PILAFIT 20:20-21:20	

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE GLI ORARI, GLI SPAZI E LA PROGRAMMAZIONE DELLE LEZIONI E QUELLA DEGLI ISTRUTTORI

**FITNESS DI ACQUA STAGIONE 25-26**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
ACQUAGYM 09:00-09:50	ACQUABIKE 09:00-09:50	ACQUAGYM 09:00-09:50	ACQUAGYM 09:00-09:50	ACQUABIKE 09:00-09:50	
ACQUABIKE 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUABIKE 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUAGYM V.G 11:00-11:50
ACQUASOFT 11:00-11:50		ACQUASOFT 11:00-11:50		ACQUASOFT 11:00-11:50	
ACQUAGYM 13:30-14:20	ACQUABIKE 13:50-14:40	ACQUAGYM 13:30-14:20	ACQUABIKE 13:50-14:40	ACQUAGYM 13:30-14:20	
ACQUAGYM 18:30-19:20	ACQUAGYM V.G 18:00-19:00	ACQUABIKE 18:30-19:20	ACQUAGYM 18:30-19:20	ACQUAGYM V.G 18:00-19:00	
ACQUAGYM 19:20-20:10	ACQUABIKE 19:10-20:00	ACQUAGYM 19:20-20:10	ACQUABIKE 19:20-20:10	ACQUAGYM 19:10-20:00	
	ACQUATABATA 20:00-20:50		ACQUA-CIRCUIT 20:10-21:00	ACQUATABATA 20:00-20:50	

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE GLI ORARI, GLI SPAZI E LA PROGRAMMAZIONE DELLE LEZIONI E QUELLA DEGLI ISTRUTTORI

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00	
PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS ADVANCE 09:10-10:00
PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	PLUS START 10:00-10:50	PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	
PLUS ADVANCE 11:00-11:50				PLUS ADVANCE 11:00-11:50	
PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS ADVANCE 13:10-14:00
PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00	PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00
PLUS ADVANCE 15:50-16:40		PLUS START 15:30-16:20	PLUS ADVANCE 15:50-16:40		
PLUS ADVANCE 18:30-19:20		PLUS ADVANCE 18:30-19:20	PLUS ADVANCE 18:30-19:20		PLUS ADVANCE 18:00-18:50
PLUS ADVANCE 19:30-20:20					
PLUS START 19:30-20:20					
PLUS ADVANCE 20:20-21:10			PLUS ADVANCE 20:20-21:10		
PLUS START 20:20-21:10					

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LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
07:00 - 15:00 3 CORSIE	08:30 - 11:00 3 CORSIE	07:00 - 10:00 3 CORSIE	08:30 - 10:00 3 CORSIE	07:00 - 14:00 3 CORSIE	09:00 - 11:00 3 CORSIE
15:00 - 15:50 2 CORSIE	11:00 - 15:00 4 CORSIE	10:00 - 13:00 4 CORSIE	10:00 - 14:00 4 CORSIE	14:00 - 15:00 4 CORSIE	11:00 - 12:00 2 CORSIE
15:50 - 17:50 1 CORSIA	15:00 - 17:00 1 CORSIA	13:00 - 15:00 3 CORSIE	14:00 - 15:00 3 CORSIE	15:00 - 17:00 1 CORSIA	12:00 - 14:00 3 CORSIE
17:50 - 18:30 2 CORSIE	17:00 - 18:00 3 CORSIE	15:00 - 18:30 2 CORSIE	15:00 - 15:50 2 CORSIE	17:00 - 18:00 3 CORSIE	14:00 - 16:00 2 CORSIE
18:30 - 21:30 3 CORSIE	18:00 - 19:00 2 CORSIE	18:30 - 20:20 3 CORSIE	15:50 - 17:50 1 CORSIA	18:00 - 19:00 2 CORSIE	16:00 - 18:00 4 CORSIE
	19:00 - 20:00 3 CORSIE	20:20 - 21:30 4 CORSIE	17:50 - 18:30 2 CORSIE	19:00 - 20:00 3 CORSIE	18:00 - 19:00 3 CORSIE
	20:00 - 20:20 1 CORSIA		18:30 - 21:30 3 CORSIE	20:00 - 20:20 1 CORSIA	
	20:20 - 21:30 2 CORSIE			20:20 - 21:30 2 CORSIE	

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