

DAL 31/08/26

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
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TERRA

TRANING CIRCUIT 07:10-08:10		TRANING CIRCUIT 07:10-08:10		TRANING CIRCUIT 07:10-08:10	
		POSTURALFIT 8:10-9:10			
ARMO & POST 8:45-9:35	MOBILITY 09:00-10:00	FUNZIONALE 09:00-10:00	MOBILITY 09:00-10:00	ARMO & POST 8:45-9:35	FUNZIONALE 09:00-10:00
TOTALBODY 9:00-10:00	METABOLIC W. 09:00-10:00	FITBALL 09:00-10:00	METABOLIC W. 09:00-10:00		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	YOFIT 10:00-11:00	POWER GLUTES 10:00-11:00
WBS 11:00-11:45				WBS 11:00-11:45	TOTALBODY 12:10-13:10
TOTALBODY 13:40-14:40	ZUMBA FIT 13:30-14:30	TOTALBODY 13:40-14:40	ZUMBA FIT 13:30-14:30	TOTALBODY 13:40-14:40	
	PILAFIT 16:00-17:00		PILAFIT 16:00-17:00		
TOTALBODY 17:00-18:00	ZUMBA FIT 17:00-18:00	TOTALBODY 17:00-18:00	ZUMBA FIT 17:00-18:00	TOTALBODY 17:00-18:00	
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 18:10-19:10	
EGOYOGA 18:30-19:30	FITBALL 18:10-19:10	MOBILITY 18:30-19:30	FITBALL 18:10-19:10	EGOYOGA 18:30-19:30	
MACUMBA 19:10-20:10	SUPERJUMP 18:50-19:50	MACUMBA 19:10-20:10	SUPERJUMP 18:50-19:50	MACUMBA 19:10-20:10	
TABATA 19:30-20:30	POSTURAL FIT 19:10-20:10	TABATA 19:30-20:30	POSTURAL FIT 19:10-20:10	TABATA 19:30-20:30	
WBS 19:30-20:30	TOTALBODY 19:50-20:50	WBS 19:30-20:30	TOTALBODY 19:50-20:50	WBS 19:30-20:30	
PILAFIT 20:10-21:00	POWER GLUTES 20:10-21:00	YOGAFIT 20:20-21:20	POWER GLUTES 20:10-21:00	PILAFIT 20:20-21:20	

ACQUA

ACQUAGYM 09:00-09:50	ACQUABIKE 09:00-09:50	ACQUAGYM 09:00-09:50	ACQUABIKE 09:00-09:50	ACQUAGYM 09:00-09:50	
ACQUABIKE 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUABIKE 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUABIKE 10:00-10:50	ACQUAGYM V.G 11:10-12:10
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 V.G 18:00-19:00			ACQUAGYM V.G 18:00-19:00	
ACQUAGYM 18:30-19:20	ACQUABIKE 19:10-20:10	ACQUABIKE 18:30-19:20	ACQUAGYM 18:30-19:20	ACQUAGYM 19:10-20:00	
ACQUAGYM 19:20-20:10	ACQUATABATA 20:10-21:10	ACQUAGYM 19:20-20:10	ACQUABIKE 19:20-20:10	ACQUATABATA 20:00-20:50	
			ACQUA-CIRCUIT 20:10-21:00		

NUOTO ADULTI PLUS

PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00	
		PLUS START 08:00-08:50			
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 START 12:00-12:50
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 START 14:10-15:00	PLUS ADVANCE 14:10-15:00		PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00
PLUS ADVANCE 15:40-16:30			PLUS START 15:30-16:20	PLUS ADVANCE 15:40-16:30	
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 ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	
PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 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	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	