

Orario	venerdì			
	tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30			6,30/8:30 Nuoto libero	
08:00				
08:30		ore 8,45/9,30 Schiena Rita		
09:00	9:00/9:45 Pilates Anna		8:30/9:45 Recupero Funz.	9:00 / 20:00
09:30				
10:00		09,45/10,30 Schiena Luca	Acqua Gym Anna 10,00/10,45	
10:30				
11:00		10:45/11:30 Schiena Luca		
11:30			10,45/13,00 Recupero Funz.	9:00 / 20:00
12:00				
12:30				
13:00	ore 13,00 Les Mills Grit Mattia	ore 12,45/13,30 pilates anna	13,00/13,45 Acquagym Claudio	
13:30				
14:00			14,00/15,00 Recupero Funz.	9:00 / 20:00
14:30				
15:00			15,00/15,45 Circuito Hydra	
15:30				
16:00		ore 16,00/16:45 Yoga Grit	16:00/16:45 Acquagym Claudio	
16:30				
17:00				
17:30	17,00/17:30 TRX Alessia		17:30/18:30 Recupero Funz.	9:00 / 20:00
18:00	17:45/18:30 G.A.G Alessia			
18:30	18:30/18:45 Addome Alessia			
19:00		18,30/19,15 Pilates Grit	18,30/19:15 AcquaGym Claudio	
19:30	19:00/19:45 Step Alessia			
19:30		19,30/20,30 Spinning Anna	19:30/20:00 Recupero Funz.	9:00/20:00
20:00	19,45/20,30 Les Mills Grit Claudio			
20:30		20:45/21:45 Kick Boxing	20:00/21:00 nuoto libero	
21:00				

Orario	martedì			
	tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30			6,30/8,45 Nuoto Libero	
08:00				
08:30				
09:00		9,00/9,45 tonificazione anna	8:45/9:45 Recupero Funz.	9:00 / 20:00
09:30				
10:00		ore 10,00 yoga bennek grit	10,00/10,45 AcquaGym Anna	
10:30				
11:00	ore 11,00/11,30 TRX Mattia			
11:30				9:00 /20:00
12:00				
12:30			10,45/15,00 recupero funzionale	
13:00	13:00/13:45 Ipercircolo Fabio	ore 12,45/13,30 yoga Grit		12:45/14:15 Nuoto libero
13:30				
14:00				
14:30				9:00 /20:00
15:00				
15:30				
16:00				
16:30			16:00/16:45 Acquagym Claudio	
17:00		ore 16,45/17,30 pilates annalisa		16:45/18,00 nuoto libero
17:30			17,00/19,00 recupero funzionale	
18:00	17,45/18,30 G.A.G anna	17,45/18,30 schiena post. rita		18,00/18,45 Acquagym Claudio
18:30		18,30/19,15 schiena post. rita		
18:30	18,45/19,30 Pilates Anna		19,00/20,00 recupero funzionale	18,45/20,00 nuoto libero
19:00				
19:30	19,45/20,30 TotalBody Claudio	19,30/20,30 spinning gianni		
20:00		20,30/21,30 spinning gianni	20:00/21:00 nuoto libero	
20:30				
21:00				

Orario	mercoledì			
	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30			6,30/8,45 Nuoto Libero	
08:00				
08:30				
09:00		8,45/9,30 schiena rita	8:45/9:45 Recupero Funz.	9:00 / 20:00
09:30	9:00/9:45 Pilates Anna			
10:00		9,45/10,30 ginn. Schiena rita		
10:30	10,00/10,45 balli anna		10,00/10,45 AcquaGym Claudio	
11:00	ore 11,00/11,30 TRX Mattia			
11:30			10,45/13,00 Recupero Funz.	9:00 / 20:00
12:00				
12:30	ore 12,45/13,15 addome mattia			
13:00	13,15/13,45 grit mattia		13,00/13,45 Acquagym Claudio	
13:30				
14:00			14,00/15,00 Recupero Funz.	9:00/20:00
14:30				
15:00			15,00/15,45 Circuito Hydra	
15:30				
16:00			16,00/16,45 Acquagym Alessia	
16:30				
17:00	17,00/17,30 trx alessia		17,00/18,00 recupero funzionale	16,45/18,00 nuoto libero
17:30				
18:00	18,00/18,45 gag claudio		18,00/18,45 AcquaGym Alessia	
18:30				
18:45/19,30	18,45/19,30 Aerobica Alessia	18,45/19,30 tabata claudio		
19:00				
19:30	19,30/20,15 step Alessia	19,45/20,45 Spinning Savi	20:00/21:00 nuoto libero	9:00/20:00
20:00				
20:30				
21:00				

Orario	giovedì			
	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30			6,30/8,45 Nuoto Libero	
08:00				
08:30				
09:00		9,00/9,45 bruciagrassi ballini	8:45/10:45 Recupero Funz.	9:00 / 20:00
09:30				
10:00		10,00/10,45 yoga bennek grit	10,00/10,45 AcquaGym Ballini	
10:30				
11:00				
11:30				9:00 / 20:00
12:00				
12:30			10,45/15,00 recupero funzionale	
13:00	13,00/13,45 grit mattia	13:00/14:00 Kick Boxing		12:45/14:15 Nuoto libero
13:30				
14:00				
14:30				
15:00				
15:30				
16:00			16:00/16:45 Acquagym Claudio	
16:30		16,30/17,30 yoga grit		
17:00	17,00/17,30 trx Claudio			9:00 / 20:00
17:30				
18:00	17,45/18,30 Gambe- Add- Braccia Claudio		17:30/19:15 Recupero Funz.	
18:30				
18:30	18,45/19,15 Les mils Mattia	18,30/19,15 pilates grit	18:30/19:15 Acquagym Alessia	18:30/19:15 Acquagym Alessia
19:00			19,15/20,00 rec. Funz.	19,15/20,00 nuoto libero
19:30	19,30/20,30 aerobica alessia	19,30/20,30 Spinning Gianni		
20:00			20:00/21:00 nuoto libero	
20:30		ore 20,30/21,30 spinning gianni		
21:00				

Orario	giovedì			
	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30				
08:00				
08:30				
09:00		9,00/9,45 bruciagrassi ballini	8:45/10:45 Recupero Funz.	9:00 / 20:00
09:30				
10:00		10,00/10,45 yoga bennek grit	10,00/10,45	AcquaGym Ballini
10:30				
11:00				
11:30				
12:00				
12:30			10,45/15,00 recupero funzionale	9:00 / 20:00
13:00	13,00/13,45 grit mattia	13:00/14:00 Kick Boxing		12:45/14:15 Nuoto libero
13:30				
14:00				
14:30				
15:00				
15:30				
16:00			16:00/16:45	Acquagym Claudio
16:30		16,30/17,30 yoga grit		
17:00	17,00/17,30 trx Claudio			9:00 / 20:00
17:30				
18:00	17,45/18,30 Gambe- Add- Braccia Claudio		17:30/19:15 Recupero Funz.	
18:30		18,30/19,15 pilates grit		18,30/19,15 Acquagym Alessia
18:45/19:15	Les mils Mattia		19:15/20:00 rec. Funz.	19,15/20,00 nuoto libero
19:00				
19:30	19,30/20,30 aerobica alessia	19,30/20,30 Spinning Gianni		
20:00			20:00/21:00 nuoto libero	
20:30		ore 20,30/21,30 spinning gianni		
21:00				

Orario	venerdì			
	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30				
08:00				
08:30				
09:00		8,45/9,30 schiena rita	8:45/9:45 Recupero Funz.	9:00 / 20:00
09:30				
10:00		09,45/10,30 schiena post. luca		10,00/10,45 Acquagym Alessia
10:30				
11:00	10,45/11,30 tonificazione mattia	10:45/11:30 Schiena Luca		
11:30			10,45/12,45 Recupero Funzionale	9:00/ 20:00
12:00				
12:30				
13:00	13,00/13,45 ipercircuito caselli	13,00/13,45 schiena rita	12,45/13,30 Acquagym Julian	
13:30				
14:00			14,00/15,00 Recupero Funz.	9:00 / 20:00
14:30				
15:00		15,00/15,45 bruciagrassi julian	15,00/15,45 Circuito Hydra	
15:30				
16:00			16:00/16:45 Acquagym Julian	
16:30				
17:00	17,00/17,30 TRX Claudio			9:00 / 20:00
17:30	17,30/18,00 Add- Glutei Claudio			
18:00	18,00/18,45 step claudio		17,30/20,00 recupero funzionale	
18:30	18,45/19,30 tabata claudio			
19:00		19,00/19,45 yoga bennek grit		
19:30				
20:00		20,15/21,15 spinning gianni	20:00/21:00 nuoto libero	
20:30				
21:00				

Orario	sabato			
	Tensostruttura	sala panorama	piscina interna	piscina esterna
06:30				
07:00				
07:30				
08:00				
08:30				
09:00				
09:30				
10:00	ore 10,00/10,30 trx Mattia			
10:30	ore 10,30/11,00 trx Mattia			
11:00	11,00/11,30 add- gamb Mattia			
11:30				
12:00				
12:30				
13:00			10,45/15,00 recupero funzionale	9:00 / 20:00
13:30				
14:00				
14:30		14,30/15,15 pilates anna		
15:00				
15:30		15,30/16,16:15 Zumba anna	15,15/16,00 Acquagym	
16:00				
16:30	ore 16,15/17,15 fitness			9:00 / 20:00
17:00				
17:30				
18:00				
18:30				
19:00				
19:30				
20:00				

  

claudio	
anna	
luca	
rita	
alessia	
grit	
simona	
mattia	