

# LUNEDÌ

## SALA 1

9:30-10:15  
PILATES  
BARBARA

17:10-17:55  
GAG  
CHIARA

18:00-18:50  
ZUMBA  
MICHELA

19:00-19:40  
CROSS-HIIT  
MAX

## SALA 2

16:30-17:10  
TRX  
MAX

17:20-18:00  
KETTLEBELL  
MAX

18:10-18:50  
TRX  
MAX

## PISCINA

10:30-11:15  
AQUAGYM SOFT  
BARBARA

19:00-19:45  
AQUABIKE  
FABIO

## SALA SPINNING

12:50-13:40  
GROUP CYCLING  
ALESSIA

18:00-18:45  
GROUP CYCLING  
FABIO

# MARTEDÌ

## SALA 1

9:30-10:15  
GAG  
CHIARA

10:20-11:05  
GINNASTICA  
POSTURALE  
CHIARA

17:30-18:15  
STEP & TONE  
DANI

18:15-19:00  
HIIT  
CHIARA

## PISCINA

18:20-19:05  
AQUAGYM  
FABIO-DANI

## AREA WELLNESS

18:15-18:30  
AUGUSS  
PEDRO

19:00-19:15  
AUGUSS  
PEDRO

# MERCOLEDÌ

## SALA 1

9:30-10:15  
CORE CONDITIONING  
CHIARA

10:30-11:15  
SMOVEY  
BARBARA

12:45-13:30  
PILATES  
BARBARA

17:30-18:10  
POWERBOUND  
DANI

## SALA 2

9:00-9:40  
TRX  
MAX

9:50-10:30  
TRX  
MAX

17:50-18:30  
FUNCTIONAL TRAINING  
CHIARA

## PISCINA

17:30-18:15  
AQUABIKE  
FABIO

## SALA SPINNING

18:30-19:20  
GROUP  
CYCLING  
FABIO

# GIOVEDÌ

## SALA 1

9:30-10:15  
GINNASTICA  
POSTURALE  
CHIARA

12:45-13:30  
ONE MORE REP  
DEBORA

17:20-18:05  
CROSS CARDIO  
DEBORA

19:00-19:40  
CROSS-HIIT  
MAX

## PISCINA

10:00-10:45  
AQUAGYM  
DEBORA

18:20-19:05  
AQUAGYM  
DEBORA

## AREA WELLNESS

18:15-18:30  
AUGUSS  
PEDRO

19:00-19:15  
AUGUSS  
PEDRO

## SALA 2

10:20-11:00  
FUNCTIONAL  
GLOBAL CIRCUIT  
CHIARA

16:30-17:10  
TRX  
MAX

17:20-18:00  
KETTLEBELL  
MAX

18:10-18:50  
TRX  
MAX

## SALA SPINNING

18:00-18:50  
GROUP  
CYCLING  
FABIO

# VENERDÌ

## SALA 1

9:30-10:15  
PILATES  
BARBARA

10:20-11:05  
GAG  
DEBORA

12:45-13:30  
TOTAL BODY  
DEBORA

17:00-17:45  
PILATES  
BARBARA

17:50-18:35  
SMOVEY!  
BARBARA

## PISCINA

10:30-11:15  
AQUAGYM SOFT  
BARBARA

16:45-17:30  
IDROWALKING  
DEBORA

17:45-18:30  
AQUABIKE  
DEBORA

# SABATO

## SALA 2

9:00-9:40  
TRX  
MAX

10:00-10:40  
CROSS- HIIT  
MAX

11:00-11:40  
TRX  
MAX

## SALA SPINNING

10:30-11:20  
GROUP CYCLING  
FABIO/ALESSIA

# SALA SPINNING

<b>LUNEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>SABATO</b>
<p>● 12:50-13:40 <b>GROUP CYCLING ALESSIA</b></p> <p>■ ■ ■ ■ ■</p> <p>● 18:00-18:45 <b>GROUP CYCLING FABIO</b></p>	<p>● 18:30-19:20 <b>GROUP CYCLING FABIO</b></p>	<p>● 18:00-18:50 <b>GROUP CYCLING FABIO</b></p>	<p>● 10:30-11:20 <b>GROUP CYCLING FABIO/ALESSIA</b></p>

# PISCINA-WELLNESS

**LUNEDÌ**

**MARTEDÌ**

**MERCOLEDÌ**

**GIOVEDÌ**

**VENERDÌ**

● 10:30-11:15  
AQUAGYM SOFT  
BARBARA



19:00-19:45  
AQUABIKE  
● FABIO

18:20-19:05  
● AQUAGYM  
FABIO-DANI

AREA  
WELLNESS

18:15-18:30  
● AUFGUSS  
PEDRO

19:00-19:15  
● AUFGUSS  
PEDRO

17:30-18:15  
AQUABIKE  
● FABIO

10:00-10:45  
● AQUAGYM  
DEBORA



18:20-19:05  
● AQUAGYM  
DEBORA

AREA  
WELLNESS

18:15-18:30  
● AUFGUSS  
PEDRO

19:00-19:15  
● AUFGUSS  
PEDRO

10:30-11:15  
AQUAGYM SOFT  
● BARBARA



16:45-17:30  
IDROWALKING  
● DEBORA



17:45-18:30  
AQUABIKE  
● DEBORA

# SALA 2

## LUNEDÌ

16:30-17:10

TRX  
MAX

17:20-18:00

KETTLEBELL  
MAX

18:10-18:50

TRX  
MAX

## MERCOLEDÌ

9:00-9:40

TRX  
MAX

9:50-10:30

TRX  
MAX

17:50-18:30

FUNCTIONAL TRAINING  
CHIARA

## GIOVEDÌ

10:20-11:00

FUNCTIONAL  
GLOBAL CIRCUIT  
CHIARA

16:30-17:10

TRX  
MAX

17:20-18:00

KETTLEBELL  
MAX

18:10-18:50

TRX  
MAX

## SABATO

9:00-9:40

TRX  
MAX

10:00-10:40

CROSS- HIIT  
MAX

11:00-11:40

TRX  
MAX

# SALA 1

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENEDÌ
<p>9:30-10:15 ● PILATES BARBARA</p> <hr/>	<p>9:30-10:15 ● ● GAG CHIARA</p> <hr/>	<p>9:30-10:15 ● CORE CONDITIONING CHIARA</p> <hr/>	<p>9:30-10:15 GINNASTICA POSTURALE ● CHIARA</p> <hr/>	<p>9:30-10:15 ● PILATES BARBARA</p> <hr/>
<p>17:10-17:55 ● ● GAG CHIARA</p> <hr/>	<p>10:20-11:05 GINNASTICA POSTURALE ● CHIARA</p> <hr/>	<p>10:30-11:15 ● SMOVEY BARBARA</p> <hr/>	<p>12:45-13:30 ONE MORE REP ● DEBORA</p> <hr/>	<p>10:20-11:05 ● ● GAG DEBORA</p> <hr/>
<p>18:00-18:50 ● ZUMBA MICHELA</p> <hr/>	<p>17:30-18:15 ● STEP &amp; TONE DANI</p> <hr/>	<p>12:45-13:30 ● PILATES BARBARA</p> <hr/>	<p>17:20-18:05 CROSS CARDIO ● DEBORA</p> <hr/>	<p>12:45-13:30 TOTAL BODY ● DEBORA</p> <hr/>
<p>19:00-19:40 ● CROSS-HIIT MAX</p>	<p>18:15-19:00 ● HIIT CHIARA</p>	<p>17:30-18:10 ● POWERBOUND DANI</p>	<p>19:00-19:40 ● CROSS-HIIT MAX</p>	<p>17:00-17:45 ● PILATES BARBARA</p> <hr/>
				<p>17:50-18:35 ● SMOVEY! BARBARA</p>