

ORARI CORSI

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10:00 - 11:00 G.A.G. + GLIDING DISC Tony I.	10:00 - 11:00 BODY BALANCE Gloria	10:00 - 11:00 MULTITONIC Tony I.	10:00 - 11:00 SUPER TONE Sonia	9:30 - 10:30 T.B.W. Paulo	
	10:00 - 10:45 AQUAGYM Paulo		10:00 - 10:45 AQUAGYM Gloria	10:35 - 11:35 STRETCHING Paulo	12:30 - 13:30 BODY CONDITIONING Monica M.
11:05 - 12:05 STRETCH - PILATES Tony I.	11:05 - 12:05 STRETCHING Tony I.	11:05 - 12:05 PILATES MATTOGETHER Tony I.	11:05 - 12:05 POWER STRETCH Paulo	11:40 - 12:40 BODY BALANCE Sonia	
	13:15 - 14:15 ORIENTAL GYM Martina				
13:15 - 14:15 ACTIVE PUMP Simona G.	13:15 - 14:15 TOTAL TONE Cristina S. Sala 2	13:15 - 14:15 PILATES MATTOGETHER Simona G.	13:15 - 14:15 GYMSTICK + GLIDING DISC Simona G.	13:00 - 14:00 ROCKY WORKOUT Rocky M.	
13:15 - 14:00 AQUA TONIC Paulo	13:15 - 14:00 AQUAGYM Paulo	13:15 - 14:00 AQUA TONIC Paulo	13:15 - 14:00 AQUAGYM Cristina	13:15 - 14:00 AQUABALL Paulo	
13:15 - 14:15 ACTIVE SPIN Irene P.	13:00 - 14:00 ACTIVE SPIN Rocky M.	13:15 - 14:15 ACTIVE SPIN Erika S.	13:00 - 14:00 ACTIVE SPIN Rocky M.	13:15 - 14:15 ACTIVE SPIN Monica N.	
18:00 - 19:00 PETTO - ADDOME - GLUTEI TONE Gloria	17:45 - 18:45 POWER ORIENTAL GYM Melania Sala 2	18:00 - 18:30 BODY ART + FIT BALL Monica N.	18:00 - 19:00 G.A.G. Thierno	18:00 - 19:00 TONIFICAZIONE Paulo	
19:00 - 20:00 ACTIVE PUMP Monica B.	18:45 - 19:45 G.A.G. Greta Sala 2	18:30 - 19:00 GRID TONE Monica N.	18:45 - 19:30 AQUAGYM Katia	19:00 - 20:00 ACTIVE SPIN Marta	
19:00 - 20:00 FIT BOXE Marco C. Sala 2	18:30 - 19:15 FIT BALL Simona G.	19:00 - 19:45 G.A.G. METABOLICO Monica N.	19:00 - 20:00 FIT BOXE Thierno Sala 2	19:00 - 20:00 ZUMBA Paulo	
19:00 - 19:45 AQUAGYM Gloria	18:45 - 19:30 AQUA TONIC Giulia	19:30 - 20:30 ACTIVE SPIN Cosimo M.			
19:30 - 20:30 ACTIVE SPIN Katia P.	19:15 - 20:15 PILATES MATTOGETHER Simona G.	19:00 - 19:45 AQUAGYM Gloria	19:30 - 20:30 PILATES - FIT Sonia		
20:00 - 20:30 ADDOME + GLUTEI TONE Monica B.		20:00 - 21:00 ACTIVE PUMP Monica B.			