

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10,00 - 11,00 G.A.G.+ GLIDING DISC Tony I.	10,00 - 11,00 BODY BALANCE Carlos	10,00 - 11,00 MULTITONIC Tony I.	10,00 - 11,00 SUPER TONE Monica N.	9,30 - 10,30 T.B.W. Paulo	
	10,00 - 10,45 AQUAGYM Gloria		10,00 - 10,45 AQUAGYM Gloria	10,35 - 11,35 STRETCHING Paulo	12,15 - 13,15 BODY CONDITIONING Monica N.
11,05 - 12,05 STRETCH- PILATES Tony I.	11,05 - 12,05 STRETCHING Tony	11,05 - 12,05 PILATES MATTOGETHER Tony I.	11,05 - 12,05 POWER STRETCH Paulo	11,40 - 12,40 BODY BALANCE Carlos	
	13,15 - 14,15 YOGA Martina				
13,15 - 14,15 ACTIVE PUMP Simona G.	13,15 - 14,15 TOTAL TONE Cristina S.	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	18,00 - 19,00 G.A.G. Melania	18,00 - 18,30 BODY ART Monica N.	18,00 - 19, 00 G.A.G. Thierno	18,00 - 19,00 TONIFICAZIONE Paulo	
19,00 - 19,30 BODY ART Monica N.	18,30 - 19,15 GLIDING DISC Simona G.	18,30 - 19,00 GRID TONE Monica N.	18,45 -19,30 AQUAGYM Katia	19,00 - 20,00 ACTIVE SPIN Monica N.	
19,00 - 20,00 FIT BOXE Marco C.	18,45 - 19,30 AQUA TONIC Giulia	19,00 - 20, 00 G.A.G. metabolico Monica N.	19,00 - 20,00 FIT BOXE Thierno	19,00 - 20, 00 ZUMBA Paulo	
19,00 - 19,45 AQUAGYM Gloria	19,15 - 20,15 PILATES MATTOGETHER Simona G.	19,30 - 20,30 ACTIVE SPIN Cosimo M.			
19,30 - 20,30 GRID TONE Monica N.		19,30 - 20,15 AQUAGYM Gloria	19,30 - 20,30 PILATES-FIT Monica N.		
19,30 - 20,30 ACTIVE SPIN Katia P.		20,00 - 21,00 ACTIVE PUMP Monica B.			