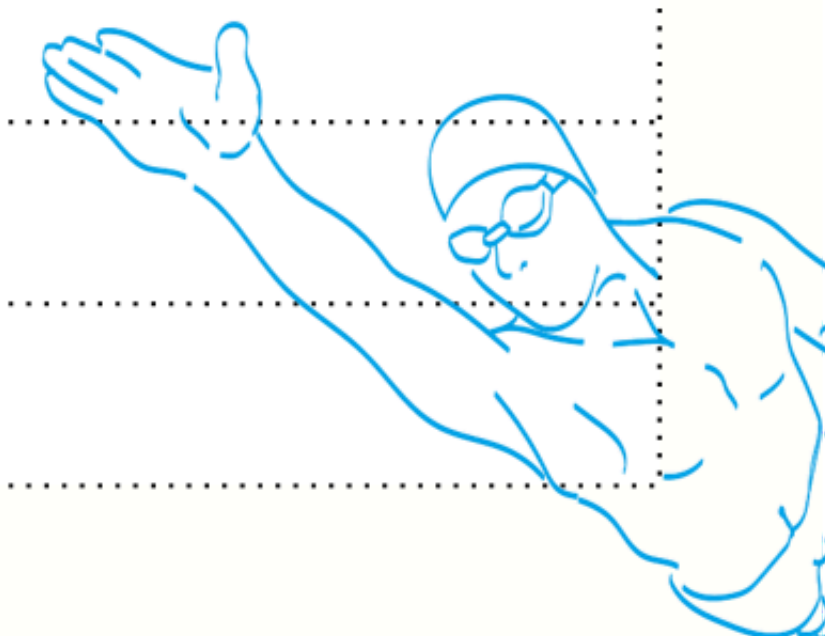


PALINSESTO ACQUA FITNESS

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
9:15 - 10:00 ACQUAGYM MAURA	9:00 - 9:45 ACQUAGYM NADIA	9:15 - 10:00 ACQUAGYM MAURA	9:00 - 9:45 ACQUAGYM SILVIA	9:00 - 9:45 ACQUATABATA VERONICA	12:00 - 12:45 ACQUAPOWER NADIA	9:30 - 10:15 ACQUAGYM ROTAZIONE
10:00 - 10:45 ACQUAGYM VERONICA	9:45 - 10:30 ACQUAGYM NADIA	10:00 - 10:45 ACQUATABATA MAURA	9:45 - 10:30 HYDROBIKE SILVIA	9:45 - 10:30 ACQUAGYM VERONICA	12:45 - 13:30 ACQUAGYM NADIA	10:15 - 11:00 ACQUACIRCUIT ROTAZIONE
10:45 - 11:30 ACQUASOFT VERONICA	10:30 - 11:15 ACQUASOFT NADIA	12:30 - 13:15 ACQUACIRCUIT MAURA	13:00 - 13:45 ACQUATABATA SALVATORE	10:30 - 11:15 ACQUASOFT VERONICA		
12:30 - 13:15 ACQUATABATA MAURA	13:00 - 13:45 HYDROBIKE NADIA	19:15 - 20:00 ACQUAGYM MAURA	19:00 - 19:45 ACQUAGYM FRANCESCO	12:15 - 13:00 ACQUAPOWER MAURA		
18:30 - 19:15 ACQUAPOWER NADIA	18:30 - 19:15 ACQUAGYM NADIA	20:00 - 20:45 ACQUACIRCUIT MAURA	19:45 - 20:30 ACQUACIRCUIT FRANCESCO	18:30 - 19:15 ACQUAPOWER VERONICA		
19:15 - 20:00 ACQUASTEP NADIA	19:15 - 20:00 ACQUAGYM NADIA			19:15 - 20:00 ACQUACIRCUIT VERONICA		
20:00 - 20:45 ACQUACIRCUIT NADIA	20:00 - 20:45 HYDROBIKE NADIA					



PALINSESTO FITNESS

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	
9:00 - 9:45 POSTURALE VERONICA	8:00 - 8:45 RIS. MUSCOLARE NADIA	8:45 - 9:45 POSTURALE CECILIA	9:45 - 10:45 BASIC PILATES CECILIA	9:45 - 10:30 GINN. TONICA MAURA	7:15 - 8:15 MORNING YOGA ROBERTO	9:45 - 10:45 WALKING ANDREA
11:30 - 12:30 SOFT YOGA ROBERTO	17:00 - 18:00 SOFT YOGA ROBERTO	12:15 - 13:15 PILATES FLOW NADIA	13:15 - 14:00 TRX NADIA	10:30 - 11:30 POSTURALE CECILIA	11:30 - 12:30 SOFT YOGA ROBERTO	10:45 - 11:45 WALKING ANDREA
18:00 - 19:00 WALKING ANDREA	18:00 - 19:00 VINYASA YOGA ROBERTO	16:00 - 17:00 BASIC PILATES LAVINIA	17:00 - 18:00 FUNCTIONAL LAVINIA	17:15 - 18:15 BASIC PILATES VERONICA	13:00 - 13:45 TOTAL STEP NADIA	15:00 - 16:00 MOBILITY YOGA ROBERTO
19:00 - 20:00 WALKING ANDREA	18:00 - 18:45 TABATA MAURA	18:00 - 19:00 PILATES FLOW LAVINIA	18:00 - 19:00 WALKING ANDREA	18:15 - 19:00 TABATA VERONICA	18:00 - 19:00 ADD. STRETCH ANDREA	
19:00 - 20:00 VINYASA YOGA SILVIA	19:00 - 19:45 TOTAL STEP MAURA	19:00 - 20:00 XFIT ADD. ANDREA		19:30 - 20:30 VINYASA YOGA ROBERTO	19:00 - 20:00 WALKING ANDREA	
20:00 - 21:00 TACFIT MARCO DAVIDE				20:30 - 21:30 TACFIT MARCO DAVIDE	18:00 - 19:00 VINYASA YOGA SILVIA	
					19:00 - 20:00 VINYASA YOGA SILVIA	

