

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7,45 8,30	<b>ATHLETIC CONDITIONING</b> ROCCO SALA ENERGY	7,30 8,30 <b>HATHA YOGA</b> SUSY SALA SPINNING	7,30 8,30 <b>CYCLING</b> ROSY SALA SPINNING	7,30 8,30 <b>HATHA YOGA</b> SUSY SALA SPINNING	7,30 8,15 <b>CYCLING</b> SALA SPINNING	10,30 11,00 <b>CORE CONDITIONING</b> SALA ENERGY	
7,45 8,30	<b>LATIN DANCE</b> SALA SPINNING	7,45 8,30 <b>TOTAL BODY</b> CHIARA SALA ENERGY	7,45 8,30 <b>ATHLETIC CONDITIONING</b> ROCCO SALA ENERGY	7,45 8,30 <b>TOTAL BODY</b> CHIARA SALA ENERGY	7,45 8,30 <b>FUNCTIONAL</b> ROCCO SALA ENERGY	11,00 12,00 <b>JOLLY CLASS</b> SALA ENERGY	
8,30 9,15	<b>TOTAL BODY</b> SALA SPINNING	10,00 10,30 <b>PURE STRETCH</b> DOMENICO SALA SPINNING	7,45 8,30 <b>WATER WORKOUT</b> DORIAN PISCINA		7,45 8,30 <b>WATER WORKOUT</b> DORIAN PISCINA	12,00 12,30 <b>STRETCH AND RELAX</b> SALA ENERGY	
10,15 11,15	<b>HATHA YOGA</b> YONG SALA SPINNING	10,30 11,30 <b>BENCH STRETCH</b> DOMENICO SALA SPINNING	8,45 9,30 <b>FUNCTIONAL</b> SALA SPINNING			12,00 13,00 <b>CYCLING</b> SALA SPINNING	
11,15 12,15	<b>VINYASA YOGA</b> YONG SALA SPINNING	11,30 12,15 <b>PILATES</b> DOMENICO SALA SPINNING				12,30 13,15 <b>WATER WORKOUT</b> PISCINA	
13,00 14,15	<b>HATHA YOGA</b> YONG SALA CONSCIOUS	12,15 13,00 <b>KOMBAT</b> SALA SPINNING		13,00 13,45 <b>PILATES</b> FABIO SALA CONSCIOUS	13,00 13,45 <b>FUNCTIONAL</b> KIARA SALA ENERGY	15,00 15,45 <b>YOGA</b> SALA SPINNING	
13,00 13,45	<b>PUMP</b> MAX SALA ENERGY	13,00 13,45 <b>FUNCTIONAL</b> RICCARDO SALA ENERGY	13,00 13,45 <b>TOTAL BODY</b> DENIS SALA ENERGY	13,00 13,45 <b>BODY FUNCTIONAL</b> DEBORAH SALA ENERGY	13,45 14,30 <b>FIT CROSS</b> KIARA SALA ENERGY	16,00 16,45 <b>TOTAL BODY</b> SALA SPINNING	
13,45 14,30	<b>TOTAL BODY</b> MAX SALA ENERGY	13,00 13,45 <b>PILATES</b> DOMENICO SALA SPINNING	13,45 14,30 <b>FUNCTIONAL</b> DENIS SALA ENERGY	13,45 14,30 <b>CORE TRAINING</b> DEBORAH SALA ENERGY	13,00 14,15 <b>ASTHANGA YOGA GUIDATA</b> YONG SALA CONSCIOUS		
13,00 14,00	<b>CYCLING</b> DARIO SALA SPINNING	13,45 14,30 <b>PILATES</b> DOMENICO SALA SPINNING		13,45 14,30 <b>PILATES</b> FABIO SALA CONSCIOUS	13,00 14,00 <b>CYCLING</b> VITTORIO SALA SPINNING		
15,00 15,45	<b>YOGA</b> SALA SPINNING	13,45 14,30 <b>FIT CROSS</b> RICCARDO SALA ENERGY	13,00 13,45 <b>CYCLING</b> SALA SPINNING		16,00 16,45 <b>YOGA</b> SALA SPINNING		
16,00 16,45	<b>TOTAL BODY</b> SALA SPINNING	15,00 15,45 <b>CYCLING</b> SALA SPINNING	16,00 16,45 <b>STEP COREO</b> SALA SPINNING	16,00 16,45 <b>KOMBAT</b> SALA SPINNING	16,45 17,00 <b>STRETCHING</b> SALA SPINNING		
17,00 17,45	<b>CYCLING</b> SALA SPINNING	16,00 16,45 <b>CYCLING</b> SALA SPINNING	17,00 17,45 <b>CYCLING</b> SALA SPINNING	16,45 17,00 <b>STRETCHING</b> SALA SPINNING			
18,00 19,00	<b>SAVATE</b> MICKY SALA ENERGY	18,30 19,15 <b>PILATES</b> ALESSANDRO SALA CONSCIOUS	18,45 19,30 <b>MUSCLE POWER TONE</b> CHIARA SALA ENERGY	18,30 19,15 <b>TOTAL BODY</b> SARA SALA ENERGY	18,30 19,15 <b>WATER WORKOUT</b> RICCARDO PISCINA		
18,30 19,15	<b>WATER WORKOUT</b> KIARA PISCINA		19,15 20,15 <b>CYCLING</b> VITTORIO SALA SPINNING	18,30 19,15 <b>PILATES</b> FABIO SALA SPINNING	19,15 20,15 <b>CYCLING</b> ROSY SALA SPINNING		
18,30 19,45	<b>CYCLING</b> PAOLO SALA SPINNING	18,30 19,15 <b>FUNCTIONAL</b> DRAGO SALA ENERGY		19,15 20,00 <b>PILATES</b> FABIO SALA SPINNING	19,30 20,15 <b>PILATES</b> RICCARDO SALA CONSCIOUS		
19,15 20,00	<b>TOTAL BODY</b> KIARA SALA ENERGY	19,15 20,00 <b>PILATES</b> ALESSANDRO SALA CONSCIOUS	19,30 20,15 <b>TOTAL BODY</b> KIARA SALA ENERGY	19,15 20,00 <b>STRONG</b> SARA SALA ENERGY			
20,00 20,45	<b>FIT CROSS</b> KIARA SALA ENERGY	19,15 20,00 <b>FUNCTIONAL</b> DRAGO SALA ENERGY		20,00 20,45 <b>PILATES</b> FABIO SALA SPINNING			
		20,00 20,45 <b>PILATES</b> ALESSANDRO SALA CONSCIOUS	20,15 21,00 <b>FUNCTIONAL</b> KIARA SALA ENERGY	20,00 20,45 <b>ZUMBA</b> SARA SALA ENERGY			

**VALIDO DAL  
1 AL 7 LUGLIO 2024**

**ORARI DEL CLUB:  
LUN/VEN 7.00 - 22.30  
SAB/DOM 10.00 - 19.00**

