

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

**VALIDO DAL
15 AL 21 LUGLIO 2024**

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

