




















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

**VALIDO DAL
8 AL 14 LUGLIO 2024**

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

