

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7,30 8,15	FUNCTIONAL ROCCO SALA ENERGY	7,30 8,30 HATHA YOGA SUSY SALA CONSCIOUS	7,30 8,30 CYCLING ROSY SALA SPINNING	7,30 8,30 HATHA YOGA SUSY SALA CONSCIOUS	7,30 8,15 CYCLING SALA SPINNING	10,30 11,15 JOLLY CLASS SALA ENERGY	11,00 11,45 FUNCTIONAL SALA SPINNING
7,45 8,30	LATIN DANCE SALA SPINNING	7,45 8,30 TOTAL BODY CLAUDIO SALA ENERGY	7,30 8,15 FUNCTIONAL ROCCO SALA ENERGY	7,45 8,30 ATHLETIC CONDITIONING STEFANIA SALA ENERGY	7,30 8,15 TOTAL BODY ROCCO SALA ENERGY	11,15 12,00 JOLLY CLASS SALA ENERGY	12,00 12,45 CYCLING SALA SPINNING
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	10,00 10,30 PURE STRETCH FEDERICA SALA SPINNING	7,45 8,30 WATER WORKOUT DORIAN PISCINA	12,00 12,30 STRETCH AND RELAX SALA ENERGY	13,00 13,15 STRETCHING SALA SPINNING
8,45 9,30	FUNCTIONAL SALA SPINNING	10,30 11,30 BENCH STRETCH DOMENICO SALA SPINNING	10,15 11,15 HATHA YOGA YONG SALA CONSCIOUS	10,30 11,30 BENCH STRETCH FEDERICA SALA SPINNING	8,30 9,15 PILATES DORIAN SALA ENERGY	12,00 13,00 CYCLING SALA SPINNING	
9,30 10,30	YNHATHA BASIC MARGHERITA SALA SPINNING	11,30 12,15 PILATES DOMENICO SALA SPINNING	11,15 12,15 VINYASA YOGA YONG SALA CONSCIOUS	11,30 12,15 PILATES FEDERICA SALA SPINNING	9,30 10,30 VINYASA MARISA SALA SPINNING	12,30 13,15 WATER JOLLY PISCINA	
13,00 13,45	WATER WORKOUT SIMONA PISCINA	12,15 13,00 KOMBAT SALA SPINNING	13,00 13,45 WATER JOLLY LUCA PISCINA	13,00 13,45 PILATES FABIO SALA SPINNING	13,00 13,45 BODY FUNCTIONAL DEBORAH SALA ENERGY	15,00 15,45 YOGA SALA SPINNING	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 STEP COREO DENIS SALA ENERGY	13,00 13,45 PUMP CLAUDIO SALA ENERGY	13,45 14,30 CORE TRAINING DEBORAH SALA ENERGY	16,00 16,45 TOTAL BODY SALA SPINNING	15,45 16,00 STRETCHING SALA SPINNING
13,45 14,30	TOTAL BODY SIMONA SALA ENERGY	13,00 13,45 PILATES DOMENICO SALA SPINNING	13,45 14,30 FUNCTIONAL DENIS SALA ENERGY	13,00 13,45 FUNCTIONAL RICCARDO SALA CONSCIOUS	13,00 14,15 ASTHANGA VINYASA YOGA YONG SALA CONSCIOUS		
13,00 14,00	CYCLING DARIO SALA SPINNING	13,45 14,30 PILATES DOMENICO SALA SPINNING	13,00 14,15 HATHA POWER YOGA YONG SALA CONSCIOUS	13,45 14,30 PILATES FABIO SALA SPINNING	13,00 14,00 CYCLING SALA SPINNING		
15,00 15,45	YOGA SALA SPINNING	13,45 14,30 FIT CROSS RICCARDO SALA ENERGY		13,45 14,30 FITBOXE RICCARDO SALA ENERGY	16,00 16,45 YOGA 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	16,45 17,00 STRETCHING 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			
		18,30 19,15 PILATES ALESSANDRO SALA CONSCIOUS	18,30 19,15 GAG DEBORAH SALA ENERGY				
18,00 19,00	SAVATE MICKY SALA ENERGY	18,30 19,15 FUNCTIONAL DRAGO SALA ENERGY	18,30 19,15 TOTAL BODY SALA SPINNING	18,30 19,15 TOTAL BODY CLAUDIO SALA ENERGY	18,30 19,15 WATER WORKOUT RICCARDO PISCINA		
18,30 19,15	WATER WORKOUT RICCARDO PISCINA	19,15 20,00 CYCLING SALA SPINNING	19,15 20,15 CYCLING ALESSIO 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	19,15 20,00 PILATES ALESSANDRO SALA CONSCIOUS	19,15 20,15 VINYASA POWER MARGHERITA SALA CONSCIOUS	19,15 20,00 PILATES FABIO SALA SPINNING	19,15 20,00 PILATES RICCARDO SALA CONSCIOUS		
19,15 20,00	CIRCUIT TRAINING CLAUDIO SALA ENERGY	19,15 20,00 WATER WORKOUT LUCA PISCINA	19,30 20,15 FITBOXE DEBORAH SALA ENERGY	19,15 20,00 PUMP CLAUDIO SALA ENERGY			
20,00 20,45	FIT CROSS CLAUDIO SALA ENERGY	19,15 20,00 FUNCTIONAL DRAGO SALA ENERGY	20,15 21,00 FUNCTIONAL DEBORAH SALA ENERGY	20,00 20,45 PILATES FABIO SALA SPINNING			
		20,00 20,45 PILATES ALESSANDRO SALA CONSCIOUS		20,00 20,45 FUNCTIONAL CLAUDIO SALA ENERGY			

VALIDO DAL
27 FEBBRAIO 2026

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

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