

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
9,30 10,30	YNHATHA BASIC MARGHERITA SALA SPINNING	7,45 8,30	TOTAL BODY CLAUDIO SALA ENERGY	7,30 8,15	FUNCTIONAL ROCCO 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
10,00 11,00	PILATES PAOLA 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
11,00 12,00	BENCH STRETCH PAOLA 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	8,45 9,30	PILATES DORIAN SALA ENERGY	11,00 12,00	CYCLING 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	13,00 13,45	METCON DEBORAH SALA ENERGY	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	PILATES DOMENICO SALA SPINNING	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	13,45 14,30	PILATES DOMENICO SALA SPINNING	13,45 14,30	FUNCTIONAL DENIS SALA ENERGY	13,00 13,45	FUNCTIONAL RICCARDO SALA CONSCIOUS	13,00 14,15	VINYASA YOGA YONG SALA CONSCIOUS				
13,00 14,00	CYCLING DARIO SALA SPINNING	13,45 14,30	CORE TRAINING DEBORAH SALA ENERGY	13,00 14,15	HATHA POWER YOGA YONG SALA CONSCIOUS	13,45 14,30	PILATES FABIO SALA SPINNING	13,00 14,00	CYCLING MONICA SALA SPINNING				
						13,45 14,30	FITBOXE RICCARDO SALA ENERGY						
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				
		18,30 19,15	PILATES SAMANTA 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	19,15 20,15	CYCLING ALESSIO 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	VINYASA POWER MARGHERITA SALA CONSCIOUS	18,30 19,30	PILATES FABIO SALA SPINNING	19,00 20,00	CYCLING ROSY SALA SPINNING				
18,30 19,45	CYCLING PAOLO SALA SPINNING	19,15 20,00	PILATES SAMANTA SALA CONSCIOUS	19,15 20,00	FUNCTIONAL DEBORAH SALA ENERGY	19,30 20,30	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	19,15 20,00	WATER WORKOUT PAOLA PISCINA	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 20,45	PURE STRETCH PAOLA SALA CONSCIOUS	20,00 20,45	FUNCTIONAL CLAUDIO SALA ENERGY						
19,30 20,30	BENCH STRETCH RICCARDO SALA SPINNING	20,00 20,45	PILATES SAMANTA SALA CONSCIOUS	20,00 20,45	 KOMBAT SALA SPINNING								

VALIDO DAL
14 SETTEMBRE

ORARI DEL CLUB:

LUN/VEN 7.00 - 22.30

SAB/DOM 10.00 - 19.00

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