

LUN	MAR	MER	GIO	VEN	SAB	DOM
Bike + Gym 9:00 - 9:45	Bike + Gym 9:00 - 9:45	Tapis roulant + Gym 9:00 - 9:45	Tapis roulant + Gym 9:00 - 9:45	Circuito Gym 9:00 - 9:45	Palestra in acqua 9:00 - 9:45	
Palestra in acqua 9:45 - 10:30	Acquasoft bassa Acquasoft alta 9:45 - 10:30	Circuito Gym 9:45 - 10:30	Acquasoft bassa Acquasoft alta 9:45 - 10:30	Acquaft 9:45 - 10:30		
Gym tonic alta 10:30 - 11:15	Acquasoft alta Bike soft 10:30 - 11:15	Gym tonic alta 10:30 - 11:15	Acquasoft alta Bike soft 10:30 - 11:15			
	Gestanti Circuito soft 11:15 - 12:00		Gestanti Circuito soft 11:15 - 12:00		Bike 11:15 - 12:00	
Bike 13:30 - 14:15	Bike 13:30 - 14:15	Bike 13:30 - 14:15	Bike 13:30 - 14:15	Bike 13:30 - 14:15	Bike + Gym 13:30 - 14:15	
Gym acqua alta 14:15 - 15:00	Palestra in acqua 14:15 - 15:00	Gym acqua alta 14:15 - 15:00	Palestra in acqua 14:15 - 15:00	Gym acqua alta 14:15 - 15:00		
	Bike + Gym 15:00 - 15:45		Palestra in acqua 15:00 - 15:45			
	Gym tonic alta 15:45 - 16:30		Jump + Gym alta 15:45 - 16:30			
Tapis roulant + Gym 16:30 - 17:15	Bike + Tapis roulant 16:30 - 17:15	Jump + Gym 16:30 - 17:15	Jump + Bike + Gym 16:30 - 17:15	Bike + Tapis roulant 16:30 - 17:15		
Bike + Gym 17:15 - 18:00	Step + Bike 17:15 - 18:00	Jump + Bike + Gym 17:15 - 18:00	Training bar + Gym 17:15 - 18:00	Gag circuit 17:15 - 18:00		
Palestra in acqua 18:00 - 18:45	Training bar + Gym 18:00 - 18:45	Jump + Bike + Gym 18:00 - 18:45	Training bar + Gym 18:00 - 18:45	Palestra in acqua 18:00 - 18:45		
Hit Intensive bike 19:30 - 20:15	Gag circuit 18:45 - 19:30	Acquaft Intensive bike 18:45 - 19:30	Palestra in acqua 18:45 - 19:30	Gym acqua alta Acquaft 18:45 - 19:30		
Acquaft Intensive bike 18:45 - 19:30	Palestra in acqua 19:30 - 20:15	Hit Intensive bike 19:30 - 20:15	Gag circuit 19:30 - 20:15	Palestra in acqua 19:30 - 20:15		
	Corso a terra Eden Tone 19:00 - 20:00					
Palestra in acqua 20:15 - 21:00		Palestra in acqua 20:15 - 21:00				