

SALA CORSI

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
9:00 - 10:00	BODY TONE INBAL	BODY TONE STEFANO	ZONE ENRICO	HIIT GIULIA	BODY TONE STEFANO	BODY TONE ROTAZIONE	
10:00 - 11:00	PILATES INBAL		PILATES ENRICO		PILATES STEFANO		BODY TONE ROTAZIONE
13:00 - 14:00	CROSS ASIA	BODY TONE STEFANO	YOGA NADIA	SPRING STEFANO	CROSS ASIA		
17:00 - 17:45	PILOGA GIULIA	SPRING ROSA	SCULPT INBAL	KETTLEBELL ENRICO	SCULPT GIULIA		
17:50 - 18:35	TOTAL BODY GIULIA	T.B.W. ROSA	PILATES INBAL	T.B.W. ENRICO	KETTLEBELL GIULIA		
18:40 - 19:25	FUNCTIONAL NAKEA	PILATES STEFANO	FIT DANCE INBAL	PILATES STEFANO	YOGA NADIA		
19:30 - 20:15	SALSATION NAKEA	SPRING MAX	YOGA NADIA	SPRING MAX			

SALA CYCLING

10:00 - 11:00							CYCLING ROTAZIONE
13:15 - 14:15	CYCLING FAUSTO		CYCLING FAUSTO	CYCLING FAUSTO	CYCLING ALESSANDRA	CYCLING ROTAZIONE	
19:00 - 20:00	CYCLING STEFANO	CYCLING MAURIZIO	CYCLING ALESSANDRA		CYCLING FAUSTO		

ORARI PALESTRA: LUNEDÌ - VENERDÌ: 6:45 - 22:30 | SABATO: 8:30 - 18:00 | DOMENICA: 8:30 - 14:00