

	ORARIO SALA	LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ		
		SOLE	LUNA	ORBITA	SOLE	LUNA	ORBITA	SOLE	LUNA	ORBITA	SOLE	LUNA	ORBITA	SOLE	LUNA	ORBITA
MORNING	9:30 – 10:30	PILATES Nicola	G.A.G. Ilenia (45')	OMNIA MOVE 45 min (Fra)	PUMP Ilenia	WALKING Edo		G.A.G. & BAG Ilenia	PILATES Nicola		METABOLIC CIRCUIT Ilenia	POSTURAL Franz 10.00-10.45	GROUP CYCLING Sandra	HATHA YOGA Ilenia (45')	OMNIA MOVE 45 min (Fra)	
	10:30 – 11:30	STRETCH Nicola			HOLISTIC Franz (45')						PILATES Franz 10.45-11.30					
COFFEE TIME		CIRCUITO FITNESS(10.30-11.30) Fra			CIRCUITO FITNESS(10.30-11.30) Fra			OMNIA MOVE30min - Fra			CIRCUITO FITNESS(10.30-11.30) Fra			CIRCUITO FITNESS(10.30-11.30) Fra		
	13:00 – 14:00	INSANITY (K) Franz 13.15 (45')	WALKING Titty	GROUP CYCLING Roberta	SPARTA TRAINING Gio	STEP Hemerson	GROUP CYCLING Gianluca	HOLISTIC Franz13.15 (45')		GROUP CYCLING Roberta	WELLCROSS Franz	WALKING Titty	GROUP CYCLING Gianluca	SPARTA TRAINING Gio	PUMP Hemerson	GROUP CYCLING Titty
	13:45 – 14:30	STRETCHTONE Ilenia 14.00-15.00			CIRCUITO OMNIA Ilenia 14.30-15.20	PILATES Franz 14.00-14.45			HATHA YOGA FITNESS Ilenia (14.30-15.20)	NAVY SEAL Edo Calcetto (13.00-14.00)	PUMP Ilenia 14.30-15.20	SPARTA RACE TRAINING 13.00-14.00 Calcetto	OMNIA Mattia 13.00-14.00			CIRCUITO OMNIA Ilenia (Sala fitness) 13.00-14.00
	15:00 – 16:00	CIRCUITO FITNESS (15.00-16.00) - Franz			CIRCUITO FITNESS (15.00-16.00) - Franz			WALKING (15.30-16.30) - Edo			OMNIA (15.00-15.30) - Edo			CIRCUITO FITNESS (15.00-16.00) - Edo		
	17:00 – 18:00	PUMP 17.15-18.00 Hemerson							POSTURAL Franz (17.15)				SPARTA TEEN (16.30-17.30)			POSTURAL Franz 17.15 (45')
17.30 - 18.30				HOLISTIC Franz (17.30-18.15)							OMNIA TRAIN 30min Edo (17.00 – 17.30)			300 Mattia		
18:00 – 19:00	PILATES Nicola	WALKING Titty		FIT BOXE Hemerson (18.15-19.15)	EXTREME Edo		PILATES Nicola	STEP Hemerson	GROUP CYCLING Titty	HOLISTIC Franz 18.15 (45')		FORMA KETTLEBELL Mattia GARDEN		MST Hemerson		
18:30 – 19:30		FORMA KETTLEBELL Edo Garden								OMNIA TONE Mattia		WALKING Alessia '50 min		X-TEMPO Elisa		
19:00 – 20:00	SPARTA PRINCIPIANTI Gio	PILATES Nicola		INSANITY Franz19.15 (45')	WALKING Alessia 19:00-19:50	GROUP CYCLING Titty (19.15-20.15)	INSANITY (k) Franz (45')	PILATES Nicola			SPARTA PRINCIPIANTI Gio		GROUP CYCLING Titty 19.15		WALKING Titty	
19:30 – 20:30		KETTLEBELL Principianti Edo Garden	GROUP CYCLING Gianluca									WALKING Alessia '50 min		WELLCROSS Franz		G.CYCLING Sandra
20:00 – 21:00		WALKING Titty		CAPOEIRA 20:15-22:00 FUORI ABB.	WELLCROSS Franz	OMNIA POWER 30min Mattia	SPARTA TRAINING Gio	WALKING Edo 20.00-21.00	GROUP CYCLING Gianluca	FUNCTIONAL TRAINING Edo	CAPOEIRA 20:15-22:00 FUORI ABB.					

SABATO	9:30 – 10:30	10:30 – 11:30	11:00 – 12:00	12:00 – 13:00	13:00 – 14:00	DOMENICA	9:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 13:00
LUNA			WALKING Sandra	WALKING Sandra		LUNA			WALKING Sandra	WALKING Sandra
SOLE		SPARTA TRAINING Gio	G.CYCLING Titty (11.15-12.15)			SOLE	SLIM PROG. G.CYCLING Titty(9.30)		G.CYCLING Jolly	

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 APERTO TUTTI I GIORNI DA LUNEDI A VENERDI DALLE 8:30 ALLE 22:30 – SABATO E DOMENICA DALLE 9:00 ALLE 19:00

To
WELLFIT
 LA PALESTRA
 e tu?