

	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 Ilenia			BODY PUMP Ilenia	WALKING Edo		YOGA Beatrice	SPRING Ilenia		PILATES Edo	CARDIOTONE Ilenia		TONE UP Ilenia	TOTAL BODY Mattia	
	10:30 – 11:30	TOTAL BODY Mattia		GROUP CYCLING MOVE Roberta 10.00-10.50	POSTURAL Ilenia 10.30 – 11.15								GROUP CYCLING Paola 10.00-10.50	YOGA Cristina (11.00)		
COFFEE TIME	13:00 – 14:00	KICK BOXING Lorenzo	WALKING Titty	GROUP CYCLING Sandra	METABOLIC CIRCUIT Ilenia	PUMP Hemerson	GROUP CYCLING Gianluca	YOGA Beatrice	FAT BURN Sandra	GROUP CYCLING Titty	FUNCTIONAL Francesco 45 min	WALKING Titty	GROUP CYCLING Gianluca	SPRING Hemerson	PILOGA Ilenia	GROUP CYCLING Slim Titty
	14:00 – 15:00	SPRING Ilenia 14.30-15.15			PILOGA Ilenia (14.15)			BODY PUMP Ilenia 14.15		NAVY SEAL Edo Calcetto (13.00-14.00)	PILATES Ilenia (15.00)			HATHAYOGA Ilenia (14.30)		
	15:00 – 16:00	PILATES (15.00-15.50) - Edo						WALKING (15.30-16.30) - Edo								
	17:00 – 18:00										POSTURAL Ilenia (17.00-17.45)			300 Mattia		
	17:30 - 18:30	PUMP Hemerson 17.15-18.00					GROUP CYCLING MOVE Roberta									
	18:00 – 19:00	PILATES Edo	WALKING Titty		SPRING Hemerson 150 min	EXTREME Edo		KICK BOXING Lorenzo	STEP Hemerson		PUMP Mattia (18.15-19.00)	CARDIO TONE Ilenia (18.00-18.45)	GROUP CYCLING Titty (18.15-19.05)	CRAB ATHLETIC Mattia	SPRING Hemerson	
	18:30 – 19:30			GROUP CYCLING Monica						GROUP CYCLING Massimo 18.45						
NIGHT TIME	19:00 – 20:00	KICK BOXING Lorenzo	PILATES Edo		CRAB ATHLETIC Mattia	VITALITY Donatella	GROUP CYCLING Titty 19.15	PILATES Edo	WALKING Titty		YOGA Francesca	WALKING Alessia	GROUP CYCLING Titty (19.15-20.05)	WALKING Titty	G.CYCLING Mattia	
	19:30 – 20:30			GROUP CYCLING Gianluca												
	20:00 – 21:00	PUMP Hemerson	WALKING Monica		YOGA Cristina	WALKING Sandra		WELL CROSS Edo		GROUP CYCLING Gianluca	FUNCTIONAL TRAINING Edo	WALKING Sandra				

SABATO	10.00-11.00	10:00 – 11:00	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	16:00 – 17:00
LUNA		FUNCTIONAL Francesco (10.00-10.45)	WALKING Sandra	FAT BURN Sandra		LUNA		WALKING Sandra	WALKING Sandra	
SOLE	KICK BOXING Lorenzo 10.00-11.00	YOGA Cristina 11.00-12.00	G.CYCLING Titty (11.15-12.15)	YOGA Francesca		SOLE	GROUP CYCLING Slim Titty 09.45	Circuito Fitness Jolly (11.00-12.00) Sala Fitness		Circuito Fitness Jolly (16.00-17.00) Sala Fitness

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