



GIOVEDI'

VENERDI'

SABATO

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00					
9.00-10.00	GAG -LAURA-	MIOFASCIALE -MTERESA-		PILATES -FRANCO-	
9.30-10.30					
10.00-11.00		PILATES -MTERESA-		FUNCTIONAL -DAVID-	ACQUAGYM -LAURA-
10.30-11.30	POSTURALE ANTALGICO -PIETRO-				
11.00-12.00		PILATES -MTERESA-			
12.00-13.00					
13.00-14.00	WALKING -TITTI-	TOTAL BODY -LAURA	GROUP C -ALESSIA-	CIRCUITO -DAVID-	ACQUAGYM -ROBERTA-
14.00-15.00		MIOFASCIALE -LAURA-			
15.00-16.00					
16.00-17.00					
17.00-18.00		POSTURAL -MTERESA-			
18.00-19.00	MIOPILOTES -EDO-	PILATES BARRE -MTERESA-		18.15 OUTRACE -DAVID-	
18.30-19.00					
19.00-20.00	WALKING -ALESSIA-	PILATES -MTERESA-	GROUP C -TITTI-	19.00 OUTRACE -DAVID-	ACQUAGYM -CHIARA-
20.00-21.00		YOGA -ELEONORA-			

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00		PILOGA -ILENIA-			
9.00-10.00	TONE UP -ILENIA-			PILATES -FRANCO-	
9.30-10.30		PILATES -MTERESA-			
10.00-11.00	POSTURAL -ILENIA-				
10.30-11.30		STRECH AND TONE -MTERESA-			
11.00-12.00					
12.00-13.00					
13.00-14.00	MOVE MORE -VALERIO-	PILATES BARRE -MTERESA-	GROUP C -GIANLU-	CIRCUITO -LAURA-	ACQUAGYM -MARTINA-
14.00-15.00	GAG -LAURA-				14.30 ACQUAGYM -ROBERTA-
15.00-16.00					
16.00-17.00					
17.00-18.00	17.30 POSTURALE -MARCO-				
18.00-19.00		TOTAL BODY -ALESSIA P-		CIRCUITO -VALERIO-	
18.30-19.00	WALKING -TITTI-		GROUP C -ALESSIA-		
19.00-20.00		STEP -ALESSIA P-		TRX -VALERIO-	
20.00-21.00					

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00					
9.00-10.00	09.10 PILATES -FRANCO-				
9.30-10.30		MIOFASCIALE -JOLLY-			
10.00-11.00			10.15 GROUP C -SANDRA-		
10.30-11.30	YOGA -CHIARA-			CIRCUITO -JOLLY-	
11.00-12.00	11.30 WALKING -SANDRA-	11.30 PILATES -CHIARA-			
12.00-13.00					12.30 ACQUAGYM -CHIARA-
13.00-14.00	DOMENICA				
14.00-15.00					
15.00-16.00		09.10 PILATES -FRANCO-	GROUP C -JOLLY-		
16.00-17.00					
17.00-18.00	10.30-11.30 WALKING -SANDRA-				ACQUAGYM -JOLLY-
18.00-19.00			SLIM PROGRAM -TITTI-		
18.30-19.00					
19.00-20.00					
20.00-21.00					

SETTEMBRE

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