




LUNEDI'

MARTEDI'

MERCOLEDI'

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00		MIOFASZIALE -EDO-			
9.00-10.00	MET CIRCUIT -MTERESA-	MIOFASZIALE -LAURA-		PILATES -FRANCO-	
9.30-10.30					
10.00-11.00	TOTAL BODY -LAURA-	PILATES -MTERESA-			
10.30-11.30					ACQUAGYM -ROBERTA-
11.00-12.00	POSTURALE ANTALGICO -PIETRO-				
12.00-13.00					
13.00-14.00	WALKING -TITTI-	CIRCUITO GAMBE -LAURA-	GROUP C -GIANLU-	KICK BOX -GIOVANNI-	ACQUAGYM -MTERESA-
14.00-15.00		MIOFASZIALE -LAURA-			
15.00-16.00					
16.00-17.00					
17.00-18.00					
18.00-19.00	WALKING -TITTI-			18.15 ANABOLIC TRAINING -MICHEL-	ACQUAGYM -ROBERTA-
18.30-19.00		XTEMPO -SILVIA-			
19.00-20.00	19.30 STEP SPRING -SILVIA-	19.30 ASHTANGA YOGA -MONICA-	GROUP C -GIANLU-	HIIT -MICHEL-	ACQUAGYM -ROBERTA-
20.00-21.00				STRETCHING -MICHEL-30MIN	

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00					
9.00-10.00		PILATES -MTERESA-		PILATES -FRANCO-	
9.30-10.30					
10.00-11.00		POSTURAL -MTERESA-		CIRCUITO -ALESSIA E.-	
10.30-11.30					
11.00-12.00	POSTURALE -MARCO-	PILATES -MTERESA-			
12.00-13.00					
13.00-14.00	WALKING -TITTI-	PILATES -ALESSIA P.-		CIRCUITO -ALESSIA E.-	ACQUAGYM -LUCIANA-
14.00-15.00		PILATES -ALESSIA P.			
15.00-16.00				DYNAMIC POSTURAL -ALESSIA P.-	
16.00-17.00		HATHA YOGA FITNESS -ILENIA-			
17.00-18.00		POWER PILATES -ILENIA-			
18.00-19.00	TOTAL BODY -ALESSIA P.-	PILATES BARRE -MTERESA-		18.15 OUTRACE -EDO-	
18.30-19.00					
19.00-20.00	WALKING -ALESSIA-	PILATES -MTERESA-	GROUP C -TITTI-	19.00 OUTRACE -EDO-	ACQUAGYM -ALESSIA P.-
20.00-21.00		AEREODANCE -ALESSIA P.-			

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00		POSTURAL -MICHELA-		PILATES -FRANCO-	
9.00-10.00		PILATES BARRE -MTERESA-		PILATES -FRANCO-	
9.30-10.30					
10.00-11.00				CIRCUITO -MTERESA-	
10.30-11.30					
11.00-12.00		PILATES -MTERESA-			ACQUAGYM -ROBERTA-
12.00-13.00					
13.00-14.00	BODY PUMP -MTERESA-	MIOFASZIALE -LAURA-	GROUP C -TITTI-	KICK BOX -GIOVANNI-	ACQUAGYM -ROBERTA-
14.00-15.00	TOTAL BODY -LAURA-				
15.00-16.00					
16.00-17.00	PILATES -ILENIA-				
17.00-18.00	TONE UP -ILENIA-				
18.00-19.00	POSTURAL -ILENIA-			KETTLEBEL -EDO-	ACQUAGYM -ROBERTA-
18.30-19.00			18.45 GROUP C -MASSI-		
19.00-20.00	WALKING -TITTI-	YOGA -MONICA-	19.45 GROUP C -MASSI-	METABOLIC -EDO-	ACQUAGYM -ROBERTA-
20.00-21.00					



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-			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 -EDO-	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	MIOPIILATES -EDO-	PILATES BARRE -MTERESA-		18.15 OUTRACE -MICHEL-	
18.30-19.00					
19.00-20.00	WALKING -ALESSIA-	PILATES -MTERESA-	GROUP C -TITTI-	19.00 OUTRACE -MICHEL-	ACQUAGYM -CHIARA-
20.00-21.00		YOGA -ELEONORA-			

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
		PILOGA -ILENIA-			
	TONE UP -ILENIA-	PILATES BARRE -MTERESA-		PILATES -FRANCO-	
	POSTURAL -ILENIA-	PILATES -MTERESA-			
		STRECH AND TONE -MTERESA-			
		PILATES BARRE -MTERESA-	GROUP C -GIANLU-	CIRCUITO -LAURA-	ACQUAGYM -MARTINA-
	GAG -LAURA-				14.30 ACQUAGYM -ROBERTA-
	17.30 POSTURALE -MARCO-				
		TOTAL BODY -ALESSIA P-		18.15 FUNZIONALE -MICHEL-	
	WALKING -TITTI-		GROUP C -ALESSIA-		
		STEP -ALESSIA P-			

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
	09.10 PILATES -FRANCO-				
		MIOFASCIALE -JOLLY-			
			10.15 GROUP C -SANDRA-		
	YOGA -CHIARA-			CIRCUITO -JOLLY-	
	11.30 WALKING -SANDRA-	11.30 PILATES -CHIARA-			
					12.30 ACQUAGYM -CHIARA-

DOMENICA

	SOLE	LUNA	GROUP CYCLING	GARDEN	PISCINA
9.30-10.30		09.10 PILATES -FRANCO-	GROUP C -JOLLY-		
10.30-11.30	WALKING -SANDRA-				ACQUAGYM -JOLLY-
11.00-12.00			SLIM PROGRAM -TITTI-		
13.00-14.00					

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