



LUNEDI'

MARTEDI'

MERCOLEDI'

	LUNA	SOLE	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00		FLEXIBLE STEEL -EDO-			
9.00-10.00		BODY PUMP -MTERESA-		RELEASE & STRETCH -EDO-	
9.30-10.30					
10.00-11.00		PILATES -MTERESA-		CIRCUITO GAMBE -MICHEL-	
10.30-11.30					ACQUAGYM -PAOLA-
11.00-12.00		POSTURALE ANTALGICO -PIETRO-			
12.00-13.00					
13.00-14.00	WALKING -SANDRA-	PILATES -MTERESA-	GROUP C -ALESSIA-	BOOT CAMP -EDO-	ACQUAGYM -PAOLA-
14.00-15.00		RELEASE & STRETCH -PASQUALE-			
15.00-16.00					
16.00-17.00					
17.00-18.00		GLUTEI & TABATA ADDOME -PACO-		CALISTHENICS -PASQUALE-	
18.00-19.00	18.15 WALKING IN PROGRESS -PAOLA-	POSTURALE -PASQUALE-	GROUP C. -ANNA-	18.15 ANABOLIC TRAINING -MICHEL-	ACQUAGYM -ROBERTA-
18.30-19.30		18.45 XTEMPO -SILVIA-		19.15 HIIT -MICHEL-	18.45 ACQUAGYM -ROBERTA-
19.00-20.00	19.30 YOGA -ELEONORA-	19.40 STEP SPRING -SILVIA-	GROUP C -GIANLUCA-	20.00 STRETCHING -MICHEL-	
20.00-21.00				20:30 SPARTAN C. -PACO-	

	LUNA	SOLE	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00					
9.00-10.00		PILATES -MTERESA-			
9.30-10.30				FUNCTIONAL -PACO-	
10.00-11.00		POSTURAL -MTERESA-			
10.30-11.30				CIRCUITO -ALESSIA E.-	
11.00-12.00		PILATES -MTERESA-		11:30 POSTURALE -MARCO-	
12.00-13.00					
13.00-14.00	WALKING -SANDRA-	YOGA -CHIARA-		CIRCUITO -ALESSIA E.-	ACQUAGYM -PAOLA-
14.00-15.00		13:45 PILATES -CHIARA-			
15.00-16.00					
16.00-17.00					CORSI NUOTO BIMBI
17.00-18.00		BODY PUMP -MTERESA-			CORSI NUOTO BIMBI
18.00-19.00	TOTAL BODY -PACO-	PILATES BARRE -MTERESA-		18.15 FUNCTIONAL -EDO-	CORSI NUOTO BIMBI
18.30-19.30					18.45 ACQUAGYM -CLARA-
19.00-20.00	WALKING -EDO-	PILATES -MTERESA-	GROUP C -ALESSIA-	19.00 KETTLEBELL -PACO-	
20.00-21.00				19.45 CIRCUITO TRX -PACO-	

	LUNA	SOLE	GROUP CYCLING	GARDEN	PISCINA
7.15-8.00					
9.00-10.00		CIRCUITO GAMBE -MTERESA-		PILATES -FRANCO-	
9.30-10.30					
10.00-11.00				CIRCUITO -MTERESA-	
10.30-11.30					
11.00-12.00		PILATES -MTERESA-			ACQUAGYM -PAOLA-
12.00-13.00					
13.00-14.00	FLEXIBILITY & BODY WEIGHT -EDO-	BODY PUMP -MTERESA-	GROUP C -ALESSIA-	CIRCUITO TRX -PACO-	ACQUAGYM -PAOLA-
14.00-15.00		PILATES -MTERESA-			
15.00-16.00				TOTAL BODY -MTERESA-	
16.00-17.00					
17.00-18.00		POSTURALE -MARCO-			
18.00-19.00	CORPO LIBERO -PASQUALE-	GLUTEI & TABATA ADDOME -PACO-		KETTLEBELL -EDO-	ACQUAGYM -ROBERTA-
18.30-19.30			18.45 GROUP C -GIANLUCA-		18.45 ACQUAGYM -ROBERTA-
19.00-20.00	WALKING -ANNA-	STRETCH POSTURAL -PASQUALE-		METABOLIC -EDO-	
20.00-21.00				19.45 CROSS TRAINING -PACO-	

