

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	ENERGI	SABATO
7:30/8:00	HITT Simone			HITT Simone		
09:00/13:00						PALESTRA H2O
09:00/9:50		POSTURALE Alessio		CORPO LIBERO Alessio	POSTURALE Alessio	
9:30/10:20			TOTAL BODY Alessio			
10:00/10:50		POSTURALE Alessio			POSTURALE Alessio	
10:20/11:10	ACQUAGYM Veronica			ACQUAGYM Veronica		
13:30/14:20	ATHLETIC WORKOUT Alessio		BFT Morena	FUNZIONALE Alessio	FUNZIONALE Veronica	
13:30/14:20		ACQUA TONE Morena			HYDROBIKE Morena	
17:15/18:00		PILATES Veronica			PILATES Veronica	
17:30/18:15	TOTAL BODY Tommaso					
18:00/18:50		CIRCUITO Veronica	BFT Morena	CORPO LIBERO Tommaso	WALKING Veronica	
18:30/19:20	FUNZIONALE Tommaso		FUNZIONALE Tommaso			
19:00/20:00		CROSS TRAINING Tommaso			CROSS TRAINING Tommaso	
19:10/20:00		CYCLING Andrea G.			CYCLING Andrea G.	
19:20/20:10	POSTURALE Alessio C.			POSTURALE Alessio C.		
19:20/20:10	HYDROBIKE Morena			HYDROBIKE Morena		
20:00/20:50	CYCLING Gianmaria					