

| Orario | Lunedì                        | Orario | Martedì                         | Orario | Mercoledì                       | Orario | Giovedì                         | Orario | Venerdì                        | Orario | Sabato                    | Orario | Domenica                  |
|--------|-------------------------------|--------|---------------------------------|--------|---------------------------------|--------|---------------------------------|--------|--------------------------------|--------|---------------------------|--------|---------------------------|
| 08:30  | Pilates / Marzena             | 08:30  | Ginnastica Posturale / Leonardo | 08:30  |                                 | 08:30  | Ginnastica Posturale / Marzena  | 08:30  | Pilates / Marzena              | 08:30  |                           | 08:30  |                           |
| 08:45  | OMNIA 45' / Lorenzo           | 08:45  |                                 | 08:45  | OMNIA 45' / Lorenzo             | 08:45  |                                 | 08:45  | OMNIA 45' / Lorenzo            | 09:00  |                           | 09:00  |                           |
| 09:00  | Corpo Libero / Fernanda       | 09:00  |                                 | 09:00  | Corpo Libero / Fernanda         | 09:00  |                                 | 09:00  | Corpo Libero / Fernanda        | 09:00  |                           | 09:00  |                           |
| 10:00  | Acquagym / Patricia           | 10:00  | Hydrobike / Teresa              | 10:00  | Acquagym / Teresa               | 10:00  | Hydrobike / Teresa              | 10:00  | Acquagym / Annalisa            | 10:00  |                           | 10:00  |                           |
| 10:00  | Well Back / Leonardo          | 10:00  | Well Back / Marzena             | 10:00  | Well Back / Ginevra             | 10:00  | Well Back / Marzena             | 10:00  | Well Back / Leonardo           | 10:00  | Pilates / Hanna           | 10:00  |                           |
| 10:00  | Pilates / Hanna               | 10:00  | Circuito Total Body / Lorenzo   | 10:00  | Ginnastica Posturale / Leonardo | 10:00  | Circuito Total Body / Lorenzo   | 10:00  | Pilates / Hanna                | 11:00  |                           | 11:00  |                           |
| 11:00  | Corpo Libero / Fernanda       | 11:00  |                                 | 11:00  | Corpo Libero / Fernanda         | 11:00  | Ginnastica Posturale / Leonardo | 11:00  | Corpo Libero / Fernanda        | 10:00  |                           | 10:00  |                           |
| 11:00  | Acquagym Deep / Giulia        | 11:00  | Acquagym / Teresa               | 11:00  | Acquagym Deep / Analisa         | 11:00  | Acquagym / Teresa               | 11:00  | Acquagym Deep / Annalisa       | 10:00  |                           | 10:30  | Group Cycling / Rotazione |
| 11:00  | Feldenkrais / Anna            | 11:00  | G.P.G. H2O / Mattia             | 11:00  | Feldenkrais / Anna              | 11:00  | G.P.G. H2O / Mattia             | 11:00  | Well Back / Elena              | 11:00  | Group Cycling / Rotazione | 11:00  |                           |
| 12:30  | Acquagym / Edoardo            | 12:00  |                                 | 12:00  |                                 | 12:00  |                                 | 12:00  |                                | 11:30  | Push Power / Hanna 30'    | 11:30  |                           |
| 12:30  | Aerotonica / Hanna            | 12:00  | G.P.G. H2O / Mattia             | 12:30  | Aerotonica / Olga               | 12:00  | G.P.G. H2O / Mattia             | 12:30  | Aerotonica / Leonardo          | 12:00  | Abdominal S. / Hanna 30'  | 11:30  |                           |
| 13:30  | Pilates / Ginevra             | 13:00  | OMNIA 30' / Lorenzo             | 13:30  | Pilates / Ginevra               | 13:00  | OMNIA 30' / Lorenzo             | 13:30  | Pilates / Patricia             | 12:00  | Hydrobike / Maria Grazia  | 12:00  |                           |
| 13:30  | Hydrobike / Elena             | 13:00  | Nuoto Adulti / Giulia           | 13:30  | Acquagym / Gabriella            | 13:00  | Nuoto Adulti / Giulia           | 13:30  | Acquagym / Gabriella           | 12:30  | Stretching / Hanna 30'    | 12:00  |                           |
| 13:30  | Circuito Total Body / Lorenzo | 13:30  | Acquagym / Teresa               | 13:30  | Circuito Total Body / Lorenzo   | 13:30  | Acquagym / Teresa               | 13:30  | Circuito Total Body / Lorenzo  | 12:30  | OMNIA 30' / Pietro        | 12:30  |                           |
| 13:30  | Group Cycling / Emanuela      | 13:30  | Cardio GAG / Elena              | 13:30  | Group Cycling / Roberto         | 13:30  | Cardio GAG / Elena              | 13:30  | Group Cycling / Teresa         | 12:45  | Hydrobike / Maria Grazia  | 12:30  |                           |
| 14:30  | Pilates / Hanna               | 15:45  |                                 | 14:30  | Pilates / Hanna                 | 15:45  |                                 | 14:30  | Pilates / Hanna                | 13:30  | Hydrobike / Maria Grazia  | 13:30  |                           |
| 15:45  | Hydrobike / Maria Grazia      | 16:00  |                                 | 15:45  | Hydrobike / Maria Grazia        | 15:45  | Acquagym Deep / Francesca       | 15:45  | Hydrobike / Maria Grazia       | 13:30  |                           | 13:30  |                           |
| 16:00  | OMNIA Teen / Angelo           | 16:00  | Group Cycling / Maria Grazia    | 16:00  | OMNIA Teen / Federico           | 16:00  | Group Cycling / Simone          | 16:00  | OMNIA Teen / Gabriele          | 16:00  |                           | 16:00  |                           |
| 16:00  | Corpo Libero / Fernanda       | 16:00  |                                 | 16:00  | Corpo Libero / Fernanda         | 16:00  |                                 | 16:00  | Corpo Libero / Fernanda        | 16:00  |                           | 16:00  |                           |
| 17:00  | Well Back / Federico          | 17:00  |                                 | 17:00  | Well Back / Federico            | 17:00  |                                 | 17:00  | Well Back / Federico           | 17:00  |                           | 17:00  |                           |
| 17:00  | Corpo Libero / Fernanda       | 17:00  | OMNIA Teen / Angelo             | 17:00  | Corpo Libero / Fernanda         | 17:00  | OMNIA Teen / Angelo             | 17:00  | Corpo Libero / Fernanda        | 14:30  |                           | 14:30  |                           |
| 18:00  | Well Back / Mattia            | 18:00  | Pilates / Elena                 | 18:00  | Well Back / Hanna               | 18:00  |                                 | 18:00  | Postural Stretching / Elena    | 15:45  |                           | 15:45  |                           |
| 18:00  | Pilates / Ginevra             | 18:00  |                                 | 18:00  | GAG / Olga                      | 18:00  | Pilates / Ginevra               | 18:00  | GAG / Giulia                   | 18:00  |                           | 18:00  |                           |
| 18:00  | Circuito GAG / Giulia         | 18:10  | Feldenkrais / Simona            | 18:00  | Zumba / Marjete                 | 18:10  | Feldenkrais / Simona            | 18:00  | Zumba / Marjete                | 18:00  |                           | 18:00  |                           |
| 18:00  | Zumba / Marjete               | 18:45  | Nuoto Adulti / Princ. Perfez.   | 19:00  |                                 | 18:45  | Nuoto Adulti / Principianti     | 18:45  | Nuoto Adulti / Perfezionamento | 19:00  |                           | 19:00  |                           |
| 19:00  | Circuito Total Body / Lorenzo | 19:00  | OMNIA 30' / Lorenzo             | 19:00  | Circuito Total Body / Lorenzo   | 19:00  | OMNIA 30' / Lorenzo             | 19:00  | Total Body Combat / Giulia     | 19:00  |                           | 19:00  |                           |
| 19:00  | Ginnastica Posturale / Mattia | 19:15  | Body Ballet / Celia             | 19:00  | Ginnastica Posturale / Mattia   | 19:15  | Body Ballet / Celia             | 19:00  | Acquagym / Lorenzo             | 19:00  |                           | 19:00  |                           |
| 19:30  | Group Cycling / Roberto       | 19:30  | Cardio Blast 30' / Lorenzo      | 19:15  | Hydrobike / Teresa              | 19:30  | Cardio Blast 30' / Lorenzo      | 19:00  | Group Cycling / Rotazione      | 19:00  |                           | 19:00  |                           |
| 19:15  | Acquagym / Lucrezia           | 19:15  | Hydrobike / Elena               | 19:30  | Group Cycling / Pierluigi       | 19:15  | Acquagym / Teresa               | 19:30  |                                | 19:30  |                           | 19:30  |                           |
| 20:00  | Acquagym / Lucrezia           | 20:00  | Acquagym / Lucrezia             | 20:00  | Acquagym / Teresa               | 20:00  | Hydrobike / Teresa              | 19:50  |                                | 19:50  |                           | 19:50  |                           |