LUNEDI'

HIGH IMPACT		
9.15 10.00	CONDITIONING FOR WELLNESS	LUCA C
10.10 10.55	STEP	MATTEO
11.00 11.45	CIRCUIT WELLNESS	LUCA C
12.00 12.45	ZUMBA	JESSICA
13.00 13.45	IGN1TE STRIKE	FABIO
17.10 17.55	TOTAL BODY	MARTINA
18.30 19.15	PILATES	VALENTINA
19.30 20.30	BODY PUMP	VALENTINA
20.30 21.00	STRETCH & MOB	VALENTINA

MIND & BODY		
7.30 8.15	VINYASA YOGA	STELLA
8.30 9.15	PILATES	STELLA
9.30 10.15	SPIRIT	STELLA
10.30 11.15	HATHA YOGA	STELLA
11.30 12.15	STRETCH & MOB	STELLA
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DL KIDS 3		
9.15 10.00	POSTURAL (mobility)	MATTEO
10.10 10.55	CORE TRAINING	ELENA
11.00 11.45	PILATES	MATTEO
12.10 12.55	BOOTY WORKOUT	ELENA
13.00 13.30	STRETCH & MOB	ELENA
16.45 17.15	CORE TRAINING	VALENTINA
17.30 18.15	BARRE FITNESS	VALENTINA
19.30 20.15	PILATES	MARTINA
20.20 21.05	SPIRIT	MARTINA

PISCINA		
11.10 11.55	AQUAGYM	ELENA
18.15 19.00	AQUAGYM	MARTINA

CYCLE		
7.15 8.00	CYCLING	FELICE
		(2 giovedi)
13.00 13.45	CYCLING	DANIELA
19.15 20.15	CYCLING	AGOSTINO

BLAZE		
13.00 13.45	BLAZE	CARMELO
19.30 20.15	BLAZE	ERIC

BATTLEBOX		
18.30 19.15	BATTLEBOX WARRIOR	ERIC

MARTEDI'

HIGH IMPACT		
8.45 9.30	PILATES	FABIO
9.40 10.25	TOTAL BODY	ELENA
11.00 11.45	BODY PUMP	FABIO
12.00 12.45	CIRCUIT TRAINING	CARMELO
13.00 13.45	TOTAL BODY	CARMELO
15.30 16.15	TOTAL BODY	VALENTINA
17.10 17.55	TOTAL BODY	ANGELA
18.00 18.30	STRETCH & MOB	ANGELA
18.40 19.25	TOTAL BODY	ANGELA
19.30 20.15	DANCE FITNESS	ANGELA

MIND & BODY		
8.30 9.15	HATHA YOGA	MARTINA
9.30 10.15	SPIRIT	MARTINA
12.30 13.15	STRETCH & MOB	ELENA
18.40 19.25	SPIRIT	STELLA
19.30 20.15	VINYASA YOGA	STELLA
20.20 20.50	SOUND MEDITATION	STELLA

DL KIDS 3		
10.30 11.15	CORE TRAINING	ELENA
11.00 11.45	PILATES	MARTINA
12.00 12.45	CORE TRAINING	MARTINA
18.30 19.15	CORE TRAINING	VALENTINA
19.30 20.15	PILATES	VALENTINA

PISCINA		
10.00 10.45	AQUAGYM	FABIO
11.30 12.15	AQUAGYM	ELENA
19.15 20.00	AQUAGYM	FRANCESCO

CYCLE		
12.45 13.00	CYCLING	DANIELA
18.15 19.00	CYCLING	FRANCESCO
20.15 21.00	CYCLING	FRANCESCO

BLAZE		
10.30 11.15	BLAZE	ERIC

BATTLEBOX		
18.10 18.55	BATTLEBOX STRONG	CLAUDIO

MERCOLEDI'

HIGH IMPACT		
9.00 9.45	CORE TRAINING	FABIO
10.10 10.55	TOTAL BODY	MATTEO
11.00 11.45	STEP COREOGRAFICO	MATTEO
12.00 12.45	IGN1TE	MATTEO
13.00 13.45	ZUMBA	JESSICA
16.15 17.00	PILATES	VALE
17.10 17.55	CORE TRAINING	VALE
18.15 19.00	BODY PUMP	VALE
19.15 20.00	STEP	ALESSANDRO
20.10 20.55	DANCE FITNESS	ALESSANDRO

MIND & BODY		
7.30 8.30	SPIRIT & SOUND MEDITATION	STELLA
8.40 9.25	PILATES	STELLA
9.30 10.15	STRETCH & MOB	STELLA
10.20 11.05	VINYASA YOGA	STELLA
11.15 12.00	SPIRIT	STELLA
12.15 13.00	STRETCH & MOB	ELENA
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19.00 19.45	VINYASA YOGA	MONICA

DL KIDS 3		
9.15 10.00	POSTURAL (mobility)	MATTEO
10.10 10.55	CORE TRAINING	MARTINA
11.15 12.00	PILATES	FABIO
12.10 12.55	HATHA YOGA	MARTINA
13.00 13.45	PILATES	MARTINA
17.10 17.55	POSTURAL (mobility)	ALESSANDRO
18.00 18.45	HATHA YOGA	MONICA
19.10 19.55	PILATES	VALE
20.05 20.50	STRETCH & MOB	VALE

PISCINA		
10.10 10.55	AQUAGYM	FABIO
11.10 11.55	AQUAGYM	MARTINA
18.15 19.00	AQUAGYM	ALESSANDRO

CYCLE		
18.15 19.00	CYCLING	FELICE
19.15 20.15	CYCLING	FELICE

BLAZE		
12.30 13.15	BLAZE	FABIO
	matteo in sala	
19.15 20.00	BLAZE	ERIC

BATTLEBOX		
11.15 12.00	BATTLEBOX ATHLETIC	FRANCO
18.30 19.15	BATTLEBOX WARRIOR	CARMELO

GIOVEDI'

HIGH IMPACT		
10.10 10.55	PILATES	MARTINA
11.00 11.45	CORE TRAINING	MARTINA
12.00 12.45	SPIRIT	STELLA
13.00 13.45	BODY PUMP	MARTINA
16.15 17.00	PILATES	FABIO
17.10 17.55	BODY PUMP	FABIO
18.15 19.00	IGN1TE	FABIO
19.30 20.15	BODY PUMP	VALENTINA
20.20 21.05	PILATES	VALENTINA

MIND & BODY		
8.15 9.00	PILATES	STELLA
9.15 10.00	VINYASA YOGA	STELLA
10.10 10.55	HATHA YOGA	STELLA
13.00 13.45	SPIRIT DANCE MEDITATION	STELLA
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19.45 20.15	SPIRIT DANCE MEDITATION	STELLA

DL KIDS 3		
11.10 11.55	BOOTY WORKOUT	ELENA
12.00 12.30	STRETCH & MOB	MARTINA
12.35 13.20	CORE TRAINING	ELENA
16.30 17.00	CORE TRAINING	VALENTINA
17.10 17.55	BARRE FITNESS	VALENTINA
18.00 18.45	PILATES	VALENTINA
18.50 19.20	STRETCH & MOB	VALENTINA

PISCINA		
10.10 10.55	AQUAGYM	ELENA
12.00 12.45	AQUAGYM	FRANCESCO
18.15 19.00	AQUAGYM	DANIELA
19.20 20.05	AQUAGYM	FABIO

CYCLE		
10.10 10.55	CYCLE	FRANCESCO
13.00 13.45	CYCLE	FRANCESCO
19.30 20.30	CYCLING	DANIELA

BLAZE		
10.10 10.55	BLAZE	ERIC

BATTLEBOX		

VENERDI'

HIGH IMPACT		
9.15 10.00	CONDITIONING FOR WELLNESS	LUCA C
10.10 10.55	ZUMBA	JESSICA
11.00 11.45	CIRCUIT WELLNESS	LUCA C
12.00 12.45	IGN1TE	STELLA
13.00 13.45	TOTAL BODY	CARMELO
17.10 17.55	CORE TRAINING	CARMELO
18.15 19.00	TOTAL BODY	CARMELO
19.15 20.00	BOOTY WORKOUT	ELENA

MIND & BODY		
9.00 9.15	SPIRIT	STELLA
10.10 10.55	HATHA YOGA	STELLA
13.00 13.45	HATHA YOGA	STELLA
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18.40 19.25	PILATES	STELLA
19.30 20.15	VINYASA YOGA	STELLA
20.20 20.50	SOUND MEDITATION	STELLA

DL KIDS 3		
9.15 9.45	STRETCH & MOB	JESSICA
11.00 11.45	PILATES	STELLA
17.10 17.55	SPIRIT	ELENA
18.40 19.25	BOOTY BARRE	VALENTINA

PISCINA		
18.15 19.00	AQUAGYM	ELENA
19.40 20.25	AQUAGYM	VALENTINA

CYCLE		
18.00 18.45	CYCLE	FELICE
19.00 19.45	CYCLE	FELICE

BLAZE		
12.00 12.45	BLAZE	CARMELO
19.10 19.55	BLAZE	CARMELO

BATTLEBOX

SABATO

HIGH IMPACT		
10.15 11.00	STEP	ANGELA
11.10 11.55	TOTAL BODY	ANGELA
12.00 12.45	DANCE FITNESS	ANGELA
13.00 13.30	STRETCH & MOB	ANGELA
15.00 15.45	TOTAL BODY	VALENTINA
15.50 16.25	PILATES	VALENTINA

MIND & BODY

DL KIDS 3

PISCINA		
11.45 12.30	AQUAGYM	A ROTAZIONE
16.40 17.25	AQUAGYM	VALENTINA

CYCLE		
10.30 11.30	CYCLE	A ROTAZIONE
13.00 14.00	CYCLE	A ROTAZIONE

BLAZE		
12.30 13.15	BLAZE	CARMELO

BATTLEBOX		
10.30 11.15	BATTLEBOX PLAY	CARMELO
11.30 12.15	BATTLEBOX WARRIOR	CARMELO

FRANCESCO - DANIELA - LUCA - DOMENICO

DOMENICA

HIGH IMPACT		
10.15 11.00	SPIRIT o PILATES	A ROTAZIONE
11.10 11.55	TOTAL BODY / PUMP / IGN1TE	A ROTAZIONE
12.00 12.30	CORE TRAINING	A ROTAZIONE
12.45 13.30	PILATES	A ROTAZIONE

MIND & BODY

DL KIDS 3

PISCINA

CYCLE		
11.10 11.55	CYCLE	FELICE

BLAZE

BATTLEBOX