

LUNEDÌ - MERCOLEDÌ - VENERDÌ

	SALA A	SALA B	GAZEBO BIANCO	GAZEBO CYCLING	ESTERNO
7.00			PREP.ATLETICA <i>Romeo G.</i>		RUNNING <i>Massimo F.</i>
7.30	SPARTAN SYSTEM ON AIR <i>Claudia P.</i>				
8.00					POST RUNNING <i>Massimo F.</i>
8.30		ODAKA YOGA ON AIR <i>Mirko E.</i>	GAG (30 min) <i>Fabio L.</i>		
9.00			UPPER BODY (30 min) <i>Fabio L.</i>		
9.30			GINN.POSTURALE ON AIR <i>Claudia P.</i>	CYCLING <i>Alberto S.</i>	
10.00					
10.30		STRETCHING ON AIR <i>Elisa B.</i>	ABS (30 min) <i>Romeo G.</i>		
11.00		PILATES ON AIR <i>Elisa B.</i>	CROSS TRAINING EVO. <i>Romeo G.</i>		
11.30					
12.00			KTLB TRAINING <i>Claudia P.</i>		
12.30					
13.00				CYCLING (13:15-14:00) <i>Andrea P.</i>	
13.30	KICKBOXING (90 min) <i>Valentina C.</i>		CROSS POWER TRAINING <i>Andrea T.</i>	(sino al 16/07)	
14.00					RUNNING <i>Andrea P.</i>
14.30				CYCLING <i>Andrea T.</i>	(sino al 16/07)
15.00	GLUTE ACT. (30 min) <i>Valentina C.</i>				POST RUNNING <i>Andrea P.</i>
15.30	UPPER BODY (30 min) <i>Valentina C.</i>				(sino al 16/07)
16.00					
16.30					
17.00					ACQUAGYM <i>Valeria S.</i>
17.30					
18.00	PILATES ON AIR <i>Barbara O.</i>		FUNCTIONAL ON AIR <i>Daniela U.</i>		
18.30				CYCLING <i>Alberto S.</i>	
19.00		STEP COREO (30 min) <i>Daniela U.</i>	FUNCT.TRAINING <i>Fabio L.</i>		POLE FIT (mer 19:30) <i>Alice M.</i>
19.30					RUNNING <i>Alberto S.</i>
20.00	KICK BOXING <i>Valentina C.</i>				
20.30		SALSA <i>Alex L.</i>			POST RUNNING <i>Alberto S.</i>
21.00					
21.30		SALSA <i>Alex L.</i>			
22.00					
22.30					

ORARI CENTRO SPORTIVO LUN - VEN 6:30 / 22:30 SAB 7:00 / 21:00

MARTEDÌ - GIOVEDÌ

	SALA A	SALA B	GAZEBO BIANCO	GAZEBO CYCLING	ESTERNO
7.00			SPARTAN SYSTEM <small>ON AIR</small> Claudia P.	CYCLING Andrea T.	
7.30					
8.00			ABS Andrea T.		
8.30	AURAMAT (30 min) Claudia P.		GAG Fabio L.		
9.00	GINNASTICA POSTURALE <small>ON AIR</small> Claudia P.				
9.30			FUNCTIONAL <small>ON AIR</small> Daniela U.		ACQUAGYM Stefania M.
10.00					
10.30		DANCE MIX REGGAETON Claudia P.			
11.00					POLE FIT Alice M.
11.30					
12.00					
12.30					
13.00			SPARTAN SYSTEM Claudia P.		
13.30	ATHLETIC TRAINING Valentina C.			CYCLING Alberto S.	
14.00					
14.30	UPPER BODY (30 min) Valentina C.				
15.00					
15.30					
16.00					
16.30					
17.00			CARDIO CONDITIONING <small>ON AIR</small> Valeria S.		
17.30					
18.00		LBT (legs-bums-tums) Beatrice B.	ATHLETIC TRAINING Valentina C.	CYCLING Andrea T.	
18.30		(18:15)			
19.00	TECNICA KICK (90 min) Valentina C.		CIRCUIT TRAINING Andrea T.		
19.30					
20.00					
20.30		SALSA PRINCIPIANTI Alex L.			
21.00					
21.30		SALSA INTERMEDI Alex L.			
22.00					
22.30					

ORARI RECEPTION LUN - VEN 7:00 / 20:30 SAB 7:00 / 12:00

SABATO

	SALA B	GAZEBO BIANCO	GAZEBO CYCLING
7.00			CYCLING <i>Andrea T.</i>
7.30			
8.00			CYCLING <i>Andrea T.</i>
8.30			
9.00		TOTAL BODY (9:15) <i>Claudia P.</i>	
9.30			
10.00	DANCE MIX REGGAETON <i>Claudia P.</i>		
10.30			
11.00	CROSS TRAINING <i>Claudia P.</i>		
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