

AR EA		AREA FITNESS				AR EA	
Lunedì		Martedì		Mercoledì			
07:00	Corpo Libero Diego	07:00	Group Cycling Marcello	07:00	Corpo Libero Diego		
07:00	Area Performance Nicola	07:00	Army Training Cinzia	07:00	Area Performance Nicola		
08:00	Posturale Ombretta	08:30	Area Performance Diego	08:00	Posturale Ombretta		
08:20	Total Body Raffaella	10:00	Corpo Libero Titiana	08:20	Total Body Raffaella		
08:30	Area Performance Nicola	10:00	Body Sculpt Elena	08:30	Area Performance Nicola		
09:00	Heat Ilaria	10:30	Hatha Yoga Valentina	09:00	Heat Ilaria		
10:00	Total Body Alessia	11:00	Posturale Titiana	10:00	Total Body Alessia		
11:00	Posturale Gianluca	12:00	Stretch & Tone Gianluca	11:00	Posturale Gianluca		
12:00	Posturale Gianluca	13:00	Matwork Pilates Valentina	12:00	Posturale Gianluca		
13:30	Body Work Elena	13:30	Group Cycling Marcello	13:00	Barre Pilates Anna		
13:30	Heat Isa	13:30	Aereobox Pino	13:30	Body Pump Elena		
14:30	Super GAG 30' Elena	17:00	Corpo Libero Titiana	13:30	Heat Ilaria		
18:00	Hatha Vinyasa Isabella	18:00	Matwork Pilates Francesca	14:30	Super GAG 30' Elena		
18:00	Functional Nicola	18:00	Posturale Titiana	18:00	Functional Nicola		
18:30	Heat Loriana	18:00	Functional Cross Alessandro	18:00	Hatha Vinyasa Azzurra		
18:30	Dynamic Power Ademaro	18:30	Group Cycling Stefano	18:30	Dynamic Power Ademaro		
19:00	Area Performance Diego	19:00	Prepugilistica Alessandro	18:30	Heat Paolo		
19:30	Core & Gluteus Ademaro	19:00	Total Body Titiana	19:00	Area Performance Diego		
19:30	Group Cycling Luca	20:00	Functional Extreme Alessandro	19:30	Core & Gluteus Ademaro		
19:30	Prepugilistica Roberto G.			19:30	Prepugilistica Roberto G.		
19:30	Prepugilistica Roberto L.			19:30	Prepugilistica Roberto L.		
				20:30	**Salsa Monica		
Giovedì		Venerdì		Sabato			
07:00	Group Cycling Marcello	07:00	Corpo Libero Diego	09:00	Hatha Vinyasa Azzurra		
07:00	Army Training Cinzia	07:00	Area Performance Nicola	10:00	Area Performance Nicola		
08:30	Area Performance Diego	08:00	Posturale Ombretta	10:00	Group Cycling Marcello		
10:00	Corpo Libero Titiana	08:20	Total Body Raffaella	11:00	Area Performance Filippo		
10:00	Body Sculpt Elena	08:30	Area Performance Nicola	11:00	Heat Cristina		
10:30	Hatha Yoga Valentina	09:00	Heat Isa	12:00	Group Cycling Marcello		
11:00	Posturale Titiana	10:00	Total Body Alessia	12:00	Matwork Pilates Francesca		
12:00	Stretch & Tone Gianluca	11:15	Posturale Ombretta	15:00	Heat Azzurra		
13:00	Matwork Pilates Valentina	12:30	Matwork Pilates Ombretta				
13:30	Group Cycling Marcello	13:30	Body Work Elena				
13:30	Aereobox Pino	13:30	Heat Paolo	Domenica			
17:00	Corpo Libero Titiana	14:30	Super GAG 30' Elena	10:30	Group Cycling Marcello		
18:00	Matwork Pilates Francesca	18:00	Functional Nicola	12:00	Heat		
18:00	Posturale Titiana	18:00	Hatha Vinyasa Azzurra				
18:00	Functional Cross Alessandro	18:30	Dynamic Power Ademaro				
18:30	Group Cycling Stefano	18:30	Heat Loriana				
19:00	Prepugilistica Alessandro	19:00	Area Performance Diego				
19:00	Total Body Titiana	19:30	Core & Gluteus Ademaro				
20:00	Functional Extreme Alessandro	19:30	Group Cycling Luca				
		19:30	Prepugilistica Roberto G.				
		19:30	Prepugilistica Roberto L.				

Siamo aperti tutti i giorni: lunedì/venerdì 7:00-23:00 - sabato 8:00-20:00 - domenica 9:00-20:00.

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\*\* corsi extra, non compresi nell'abbonamento palestra