

## SALA "GYM MUSIC"

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.30-10.20		Gym Music		Gym Music		
10.00-10.50	Total Body		Gag		Gym Music	
10.00-11.30						Power YOGA
16.00-16.50	Total Body		Gym Step		Gag	
17.00-17.50	Gym Step		Gag		Total Body	
18.00-18.50	Gag	Tonificazione	Total Body	Tonificazione	Gym Step	
19.00-19.50	Total Body	Power YOGA	Step	Power YOGA	Gag	

## SALA "PILATES / TATAMI"

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
09.00-09.50	Pilates		Pilates		Pilates
10.30-11.20		Posturale		Posturale	
17.00-17.50	Posturale	Judo Bambini	Posturale	Judo Bambini	Posturale
18.00-18.50	Pilates	Judo Ragazzi	Pilates	Judo Ragazzi	Pilates
19.30-20.30	Principianti Kick Box		Principianti Kick Box		Principianti Kick Box
19.30-21.00		Pre- pugilistica		Pre-pugilistica	
20.30-21.30	Avanzati Kick Box		Avanzati Kick Box		Avanzati Kick Box

## SALA "BODY BUILDING"

<b>Orario no stop</b>	<b>dal lun al ven 7.00 – 22.00</b>
	<b>sabato 8.00 – 20.00</b>
	<b>domenica 9.00 – 14:00</b>

## SCUOLA NUOTO ADULTI E BAMBINI

LUN+GIO	MAR+VEN	MER+SAB	MONO SAB
16.00 – 16.50	16.00 – 16.50	16.50 + 10.30	09.50 – 10.40
16.10 – 17.00	16.10 – 17.00	17.00 + 10.40	10.00 – 10.50
16.50 – 17.40	16.50 – 17.40	17.00 + 10.50	10.50 – 11.40
17.00 – 17.50	17.00 – 17.50	17.40 + 11.20	
17.40 – 18.30	17.40 – 18.30	17.40 + 11.40	<b>MER</b>
17.50 – 18.40	17.50 – 18.40	17.50 + 11.40	17.00 – 17.50
18.40 – 19.30	18.40 – 19.30	18.40 + 12.20	17.50 – 18.40
19.30 – 20.20	19.30 – 20.20		

## ACQUA GYM

LUN	MAR	MER	GIO	VEN	SAB
09.00 – 09.50		09.00 – 09.50		09.00 – 09.50	
13.30-14.20			13.30-14.20		12.10-13.00
18.40 – 19.30	18.40 – 19.30	18.40 – 19.30	18.40 – 19.30	18.40 – 19.30	
19.30 – 20.20	19.30 – 20.20	19.30 – 20.20	19.30 – 20.20	19.30 – 20.20	

## NUOTO LIBERO

LUN	MAR	MER	GIO	VEN	SAB	DOM
07.30 – 15.00	07.30 – 15.00	07.30 – 15.00	07.30 – 15.00	07.30 – 15.00	08.30 – 9.30	9.30 – 13.30
					12.10-17.00	
19.10– 21.30	19.10– 21.30	19.10– 21.30	19.10– 21.30	19.10– 21.30		