FITNESS SALA 1

	LU	MA	ME	GI	VE	SA
09:00		SUPER JUMP		TONE TRAINING		
10:00				SUPER JUMP	GRIT	
11:00	FELDEN-KRAIS		FELDEN-KRAIS			
13:45	BODY VIVE					
18:30			GRIT 30'			
18:45	ZUMBA					
19:00		PILATES	ZUMBA	GRIT / CX WORX	PILATES	
19:30	GRIT 30'					
20:00	CX WORX 30'	SUPER JUMP	CX WORX 30'	SUPER JUMP	ZUMBA	
20:30	BALANCE PILATES		GRIT 30'			
21:00		CX WORX 30'		BEAT BOXE		

FITNESS SALA 2

	LU	MA	ME	GI	VE	SA
09:30	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING	10:30 GROUP CYCLING
13:45		GROUP CYCLING		GROUP CYCLING		
17:45		GROUP CYCLING				
18:30				GROUP CYCLING		
19:00	GROUP CYCLING		GROUP CYCLING			
19:30		GROUP CYCLING			GROUP CYCLING	
20:00				GROUP CYCLING		
20:15	GROUP CYCLING		GROUP CYCLING			

FITNESS SALA 3

	LU	MA	ME	GI	VE	SA
09:00	BALANCE PILATES	BODY PUMP 1h	BALANCE PILATES		PILATES	10:00 GRIT 30'
10:00	BODY VIVE	ZUMBA	BODY VIVE 30'	BODY PUMP	CARDIO STEP	10:30 CX WORX 30'
10:30			CX WORX 30'			11:30 BODY PUMP 1h
11:00	CARDIOTONE	PILATES		PILATES		
13:30	BODY PUMP	BALANCE PILATES	BODY PUMP 30'	BALANCE PILATES	GRIT 30'	
14:00			CX WORX 30'		CX WORX 30'	
18:00	BODY VIVE	RIP 60	BODY PUMP 30'	RIP 60	BODY VIVE 30'	
18:30			CX WORX 30'		CX WORX 30'	
18:45	PILATES	BODY VIVE		BODY VIVE		
19:00			PILATES		BODY PUMP	
19:30	BODY PUMP	FIT KOMBAT		FIT KOMBAT	19:45 RIP 60 30'	
20:00			BODY PUMP			
20:15	RIP 60 30'			PILATES	CX WORX 30'	
20:30		GRIT 30'				
20:45	STREET WORK		STREET WORK		GRIT 30'	
21:00		RIP 60				

ACQUAFITNESS PISCINA

	LU	MA	ME	GI	VE	SA
09:00	ACQUA FIT	ACQUA DYNAMIC	DREN UP	ACQUA DYNAMIC	ACQUA GAG & STEP	09:00 ACQUA DYNAMIC
09:45	ACQUA GAG & STEP	HYDRO SPINNING	ACQUA CIRCUIT		HYDRO SPINNING	12:00 HYDRO SPINNING
10:30		ACQUA GYM ALTA		ACQUA GYM ALTA		13:00 ACQUA PUMP
11:00	SOFT GYM ALTA		SOFT GYM ALTA		SOFT GYM ALTA	
13:00	ACQUA BIATHLON		ACQUA CIRCUIT		ACQUA DYNAMIC 1h	
13:30		ACQUA PUMP 1h		ACQUA BIATHLON 1h		
13:45	HYDRO SPINNING		HYDRO SPINNING			
19:00	ACQUA GYM	ACQUA DYNAMIC	ACQUA PUMP	ACQUA DYNAMIC	HYDRO SPINNING	
19:45	ACQUA CIRCUIT	ACQUA GYM	HYDRO SPINNING	ACQUA CIRCUIT		
20:00					ACQUA GYM 1h	
20:30	ACQUA DYNAMIC	HYDRO SPINNING	ACQUA DYNAMIC	HYDRO SPINNING		