

Palinsesto Settembre

	06:30 - 22:30	06:30 - 22:30	06:30 - 22:30	06:30 - 22:30	06:30 - 22:30
	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
07:00	FAST EVO FIT Nicola '45		FAST EVO FIT Nicola '45		FAST EVO FIT Nicola '45
07:30	WALKING Antonello '45		WALKING Antonello '45		WALKING Antonello '45
08:00		POSTURAL Francesca '50		POSTURAL Francesca '50	
08:00		CROSS CARDIO Antonello '45		CROSS CARDIO Antonello '45	
08:30	GINN. MET. PILATES Maurizio '50		GINN. MET. PILATES Maurizio '50		GINN. MET. PILATES Maurizio '50
09:00	CALISFIT Matteo '60	MOBILITY Matteo '45	CALISFIT Matteo '60	MOBILITY Matteo '45	CALISFIT Matteo '60
10:00	WOMAN FIT Nicola '45	SPARTAN SYSTEM Nicola '45	WOMAN FIT Nicola '45	SPARTAN SYSTEM Nicola '45	WOMAN FIT Nicola '45
10:00	MOBILITY Matteo '45	CALI 4 WOMAN Matteo '45	MOBILITY Matteo '45	CALI 4 WOMAN Matteo '45	MOBILITY Matteo '45
12:30	SPARTAN SYSTEM Nicola '45	FUNZIONALE Nicola '45	SPARTAN SYSTEM Nicola '45	FUNZIONALE Nicola '45	SPARTAN SYSTEM Nicola '45
13:30	MET MIX CIRCUIT Paola '50		MET MIX CIRCUIT Paola '50		MET MIX CIRCUIT Paola '50
13:30	SUSPENSION Nicola '45	FUNCTIONAL EVO Paola '50	SUSPENSION Nicola '45	FUNCTIONAL EVO Paola '50	SUSPENSION Nicola '45
14:15		GINN. MET. PILATES Francesca '50		GINN. MET. PILATES Francesca '50	
14:30	ATHLETIC SKILLS Nicola '45		ATHLETIC SKILLS Nicola '45		ATHLETIC SKILLS Nicola '45
16:30		GAG Antonello '50		GAG Antonello '50	
16:45	WOMAN FIT Nicola '45		WOMAN FIT Nicola '45		WOMAN FIT Nicola '45
17:30		WALKING Antonello '45		WALKING Antonello '45	
17:50	CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50
18:00		CALISFIT Matteo '60		CALISFIT Matteo '60	
18:00	CALISFIT Matteo '60	KETTLEBELL TRAINING Rubens '50	CALISFIT Matteo '60	KETTLEBELL TRAINING Rubens '50	CALISFIT Matteo '60
18:20		ISRAELI JU JITSU Daniele '50		ISRAELI JU JITSU Daniele '50	
18:45	CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50		CROSS TRAINING Rubens '50
19:00	CALISFIT Matteo '60	CROSS TRAINING Rubens '50	CALISFIT Matteo '60	CROSS TRAINING Rubens '50	CALISFIT Matteo '60
19:00	MET MIX CIRCUIT Paola '50	GINN. MET. PILATES Maurizio '50	MET MIX CIRCUIT Paola '50	GINN. MET. PILATES Maurizio '50	MET MIX CIRCUIT Paola '50
19:30		PREPARAZ. KB Daniele '50		PREPARAZ. KB Daniele '50	
20:00	WALKING Antonello '45	GINN. MET. PILATES Paola '50	WALKING Antonello '45	GINN. MET. PILATES Paola '50	WALKING Antonello '45
20:00	FUNCTIONAL EVO Paola '50	FUNZIONALE Maurizio '50	FUNCTIONAL EVO Paola '50	FUNZIONALE Maurizio '50	FUNCTIONAL EVO Paola '50
20:00	CALISFIT Matteo '60		CALISFIT Matteo '60		CALISFIT Matteo '60
21:00	WEIGHTLIFTING TRAINING Rubens '60		WEIGHTLIFTING TRAINING Rubens '60		WEIGHTLIFTING TRAINING Rubens '60

VIRTUAL ROOM

SALA UNO

SALA FUNZIONALE

SABATO 09:00 - 17:00 DOMENICA 09:00 - 14:00

