

# ORARI PALESTRE

\*\*\*SALE E ISTRUTTORI DISTINTI PER COLORI

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9.10/10.00 Alberto <b>TOTAL GYM</b> Sala Luna		9.10/10.00 Alberto <b>STEP</b> Sala Luna		9.10/10.00 Alberto <b>TOTAL GYM</b> Sala Luna	10.00/11.00 Tania <b>INTENSE TRAINING</b> Sala Luna
10.00/10.50 Alberto <b>G.A.G.</b> Sala Luna	10.10/11.00 Alfredo <b>STEP G.A.G.</b> Sala Luna	10.00/10.50 Alberto <b>TOTAL GYM</b> Sala Luna	10.10/11.00 Alfredo <b>STRETCH TONE</b> Sala Luna	10.00/10.50 Alberto <b>D.P.S.</b> Sala Luna	12.30/13.20 Guglielmo <b>STEP TONE</b> Sala Luna
11.30/12.20 Alfredo <b>ZUMBA FITNESS</b> Sala Luna		11.30/12.20 Alfredo <b>CIRCUIT TRAINING</b> Sala Luna		11.30/12.20 Alfredo Sala Luna <b>WORK LATINO+BALLI DI GRUPPO</b>	<b>DOMENICA</b>
13.10/14.00 Alfredo <b>ISOMETRICO FUNZIONALE</b> Sala Luna		13.10/14.00 Alfredo <b>ZUMBA FITNESS</b> Sala Luna		13.10/14.00 Alfredo <b>STEP TABATA</b> Sala Luna	10.30/11.20 Marcello <b>PUMP</b> Sala Luna
13.10/14.00 Marcello <b>SPINNING</b> Sala Sole	13.00/13.50 Marcello <b>PUMP</b> Sala Luna	17.30/18.20 Marcello <b>FIT BOXE</b> Sala Luna	13.00/13.50 Marcello <b>PUMP</b> Sala Luna	13.10/14.00 Marcello <b>SPINNING</b> Sala Sole	
17.30/18.20 Marcello <b>STEP</b> Sala Luna	16.20/17.10 Daniela <b>PILATES</b> Sala Luna	18.30/19.20 Andrea <b>SPINNING</b> Sala Sole	16.20/17.10 Daniela <b>PILATES</b> Sala Luna	17.30/18.20 Marcello <b>PUMP</b> Sala Luna	<p style="text-align: center;">nuoto.laurentino@gmail.com Tel. 06.5919866</p> <p style="writing-mode: vertical-rl; text-orientation: mixed; font-size: 2em; font-weight: bold;">FITNESS GOLD</p>
18.30/19.20 Andrea <b>SPINNING</b> Sala Sole	17.20/18.10 Daniela <b>PILATES</b> Sala Luna	18.30/19.20 Enza <b>G.A.G.</b> Sala Luna	17.20/18.10 Daniela <b>PILATES</b> Sala Luna	18.30/19.20 Andrea <b>SPINNING</b> Sala Sole	
18.30/19.20 Enza <b>TABATA</b> Sala Luna	18.20/19.10 Tania <b>BODY SCULPTURE</b> Sala Sole	19.30/20.20 Alfredo <b>ZUMBA FITNESS</b> Sala Luna	18.20/19.10 Tania <b>BODY SCULPTURE</b> Sala Sole	18.30/19.20 Enza <b>A.B.S.</b> Sala Luna	
19.30/20.20 Enza <b>MOBY+STRETCHING</b> Sala Luna		19.30/20.20 Enza <b>MOBY+STRETCHING</b> Sala Sole	19.20/20.10 Andrea <b>SPINNING</b> Sala Sole	19.30/20.20 Enza <b>MOBY+STRETCHING</b> Sala Luna	
20.20/21.10 Marcello <b>PUMP</b> Sala Luna	20.15/21.30 Tania <b>FUNZIONAL</b> Sala Luna	20.20/21.10 Marcello <b>SPINNING</b> Sala Sole	20.15/21.30 Tania <b>FUNZIONAL</b> Sala Luna	20.20/21.10 Marcello <b>PUMP</b> Sala Luna	

## ORARI PISCINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
07.00/09.00 <b>NUOTO LIBERO</b>		07.00/09.00 <b>NUOTO LIBERO</b>		07.00/09.00 <b>NUOTO LIBERO</b>	
10.50/11.40 Alberto <b>ACQUAGYM</b>	11.10/12.00 Alfredo <b>ACQUAFITNESS</b>	10.50/11.40 Alberto <b>ACQUAGYM</b>	11.10/12.00 Alfredo <b>ACQUAFITNESS</b>	10.50/11.40 Alberto <b>ACQUAGYM+NUOTO PINNATO</b>	11.20/12.10 Guglielmo <b>ACQUAFITNESS</b>
11.40/12.30 Alberto <b>HYDROBIKE</b>		11.40/12.30 Alberto <b>HYDROBIKE</b>		11.40/12.30 Alberto <b>HYDROBIKE</b>	12.10/14.00 <b>NUOTO LIBERO</b>
12.00/14.00 <b>NUOTO LIBERO</b>	12.00/14.00 <b>NUOTO LIBERO</b>	12.00/14.00 <b>NUOTO LIBERO</b>	12.00/14.00 <b>NUOTO LIBERO</b>	12.00/14.00 <b>NUOTO LIBERO</b>	<b>DOMENICA</b>
		18.45/19.35 Alberto <b>O.W.G.</b>			11.30/13.30 <b>NUOTO LIBERO</b>
20.30/21.30 <b>NUOTO LIBERO</b>	20.20/21.10 Marcello <b>WATER INTENSE TRAINING</b>	20.30/21.30 <b>NUOTO LIBERO</b>	20.20/21.10 Marcello <b>WATER INTENSE TRAINING</b>	20.30/21.30 <b>NUOTO LIBERO</b>	

**SALA BODY BUILDING** Dal Lunedì al Venerdì 08.00/21.30 - Sabato 09.00/18.30 - Domenica 09.00/13.30