

PLAN CORSI SALA PANORAMICA

	LUN	MAR	MER	GIO	VEN	SAB	DOM
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10:00		STEP BASE SAMIRA		FIT BOXE FEDERICO			
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11:00		G.A.G. SAMIRA					
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18:00		G.A.G. ALESSIA					
18:15			CROSS CARDIO ANTONIO	FIT BOXE ALFONSO			
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19:00	FIT BOXE FEDERICO		ZUMBA ANTONIO		G.A.G. EZIO		
19:15							
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19:45	CIRCUIT TRAINING EZIO				ALLENAMENTO FUNZIONALE EZIO		
20:00		LATIN FITNESS GIORGIA					
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PLAN CORSI SALA OLISTICA

	LUN	MAR	MER	GIO	VEN	SAB	DOM
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9:00	PANCAFIT VIVIANA		PANCAFIT AUGUSTO	G.A.G. FEDERICO			
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10:00			GINNASTICA POSTURALE AUGUSTO		PILATES GIOVANNA		
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10:45			PILATES GIOVANNA				
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11:45	FIT YOGA MIRIAM						
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13:00			PILATES GIOVANNA		PILATES GIOVANNA	BODY FLYING GIOVANNA	
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18:00			PILATES GIOVANNA				
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18:30		PANCAFIT ALDO	BODY FLYING GIOVANNA				
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19:00		PANCAFIT ALDO		PUMP ALFONSO			
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20:30		BODY FLYING GIOVANNA		BODY FLYING GIOVANNA			
20:45	BUNGEE FLY GIOVANNA						
21:00		BUNGEE FLY GIOVANNA		BUNGEE FLY GIOVANNA			
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PLAN CORSI SALA EVEREST

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FIT BALL
EZIO

G.A.G.
FEDERICO

TAIJI QUAN
GIANCARLO

TAIJI QUAN
GIANCARLO

CHINESE COMBAT
GIANCARLO

TAIJI QUAN
GIANCARLO

CHINESE COMBAT
GIANCARLO

PLAN CORSI PISCINA COPERTA

	LUN	MAR	MER	GIO	VEN	SAB	DOM
8:00	HYDROBIKE MONICA		HYDROBIKE MONICA				
8:15							
8:30							
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9:00	HYDROBIKE MONICA		HYDROBIKE MONICA				
9:15		AQUA POSTURAL MICHELA			AQUA POSTURAL MICHELA		
9:30							
9:45							
10:00	AQUA CIRCUIT POSTURAL VIVIANA	AQUA KINESIS MICHELA	AQUA POSTURAL MICHELA	AQUA KINESIS VIVIANA	AQUA CIRCUIT POSTURAL MICHELA	9:00 - 12:15 SCUOLA NUOTO	
10:15							
10:30			AQUA CIRCUIT POSTURAL MICHELA				
10:45	AQUA CIRCUIT POSTURAL VIVIANA						
11:00			AQUA POSTURAL MICHELA	AQUA POSTURAL VIVIANA	11:00 - 12:00 SCUOLA NUOTO		
11:15							
11:30							
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12:15					ACQUATICITÀ PRENATALE ALICE		
12:30						HYDROBIKE ALESSIA	
12:45		HYDROBIKE FRANCY					
13:00	AQUA SURPRISE MIRIAM	HYDROBIKE FRANCY	AQUA CIRCUIT MICHELA		AQUAGYM MICHELA	BIKE TONE ALESSIA	
13:15							
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14:15	14:00 - 18:30 SCUOLA NUOTO						
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16:45		15:30 - 19:00 SCUOLA NUOTO	15:00 - 18:45 SCUOLA NUOTO	14:30 - 18:45 SCUOLA NUOTO	15:00 - 18:30 SCUOLA NUOTO	14:00 - 17:15 SCUOLA NUOTO	
17:00						ACQUATICITÀ PRENATALE ALICE	
17:15							
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19:00	HYDROBIKE STEFANO	HYDROBIKE ALESSIA	AQUA CIRCUIT STEFANO	HYDROBIKE STEFANO	AQUA CIRCUIT ALESSIA		
19:15							
19:30	AQUA CIRCUIT STEFANO	AQUA CIRCUIT ANTONIO	HYDROBIKE STEFANO	HYDROBIKE STEFANO	AQUAGYM ALESSIA		
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