

prenestina	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
9:00							
	TOTAL GYM 9:00 - 9:55	MAT PILATES 9:00 - 9:55	TOTAL GYM 9:00 - 9:55	MAT PILATES 9:00 - 9:55	TOTAL GYM 9:00 - 9:55	SPINNING 10:30 - 11:30	SALA PESI CARDIO FITNESS NUOTO LIBERO 9:00 - 17:00
10:00	ACQUATRaining 10:00 - 10:50	ACQUATRaining 10:00 - 10:50	ACQUATRaining 10:00 - 10:50	ACQUATRaining 10:00 - 10:50	ACQUATRaining 10:00 - 10:50		
11:00	TOTAL WORKOUT 11:00 - 11:55	POSTURAL GROUP 11:00 - 11:55	TOTAL WORKOUT 11:00 - 11:55	POSTURAL GROUP 11:00 - 11:55	TOTAL WORKOUT 11:00 - 11:55		
12:00							
12:30							
13:30	FUNCTIONAL TRAINING 13:30 - 14:25	BODY PUMP 13:30 - 14:25	PREPUGILISTICA 13:30 - 14:25	BODY PUMP 13:30 - 14:25	FUNCTIONAL TRAINING 13:30 - 14:25		
14:30							
						SALA PESI CARDIO FITNESS 9:00 - 19:00	
17:30	G.A.G. 17:15 - 18:10	PILATES 17:15 - 18:10	INTERVAL TRAINING 17:15 - 18:10	POSTURAL GROUP 17:15 - 18:10	TOTAL WORKOUT 17:15 - 18:10		
18:30	TOTAL WORKOUT 18:10 - 19:05	BODY PUMP 18:15 - 19:00	POSTURAL GROUP 18:10 - 18:40	BODY PUMP 18:15 - 19:00	G.A.G. 18:10 - 19:05		
19:00		ACQUATRaining 18:40 - 19:30	ACQUATRaining 18:40 - 19:30	ACQUATRaining 18:40 - 19:30			
		SPINNING 19:00 - 19:50		SPINNING 19:00 - 19:50	ACQUATRaining 18:40 - 19:30		
18:00	ACQUATRaining 18:40 - 19:30	FUNCTIONAL TRAINING 19:00 - 19:55	GRIT 18:45 - 19:25	FUNCTIONAL TRAINING 19:00 - 19:55			
19:30	GRIT 19:05 - 19:35	ACQUATRaining 19:40 - 20:30	SPINNING 19:00 - 19:50	ACQUATRaining 19:40 - 20:30	GRIT 19:05 - 19:35		
20:30	PREPUGILISTICA 19:40 - 20:35	GRIT 20:00 - 20:40	ACQUATRaining 19:40 - 20:30	GRIT 20:00 - 20:40	PREPUGILISTICA 19:45 - 20:40		
21:30			PREPUGILISTICA 19:30 - 20:25				
22:00	SALSA* 20:40 - 22:30		SALSA* 20:30 - 22:30				