

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	PUMP 13:30 - 14:25	PREPUGILISTICA 13:30 - 14:25	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. 17:30 - 18:25	POSTURAL GROUP 17:00 - 17:55	MAT PILATES 17:15 - 18:10	POSTURAL GROUP 17:00 - 17:55	TOTAL WORKOUT 17:30 - 18:25		
18:30	ACQUATRaining 18:00 - 18:50	ACQUATRaining 18:00 - 18:50	ACQUATRaining 18:00 - 18:50	ACQUATRaining 18:00 - 18:50	ACQUATRaining 18:00 - 18:50		
19:00		HIT CIRCUIT 18:00 - 18:30	INTERVAL TRAINING 18:05 - 18:50	HIT CIRCUIT 18:00 - 18:30	G.A.G. 18:30 - 19:25		
18:00	TOTAL WORKOUT 18:30 - 19:25	PUMP 18:35 - 19:20	HIT CIRCUIT 18:55 - 19:25	PUMP 18:35 - 19:20	ACQUATRaining 19:00 - 19:50		
19:30	ACQUATRaining 19:00 - 19:50	ACQUATRaining 19:00 - 19:50	ACQUATRaining 19:00 - 19:50	ACQUATRaining 19:00 - 19:50	SPINNING 19:00 - 19:50		
19:30		MAT PILATES 19:25 - 19:55	SPINNING 19:30 - 20:20	MAT PILATES 19:25 - 19:55	SPINNING 19:00 - 19:50		
20:30	SPINNING 19:00 - 19:50	FUNCTIONAL TRAINING 20:00 - 20:55	PREPUGILISTICA 19:30 - 20:25	FUNCTIONAL TRAINING 20:00 - 20:55	PREPUGILISTICA 19:30 - 20:25		
21:30	PREPUGILISTICA 19:30 - 20:25						
22:00	SALSA* 20:40 - 22:30						