

tiburтина	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
9:00	POSTURAL GROUP 9:00 - 9:30	PUMP 9:00 - 9:55	POSTURAL GROUP 8:30 - 9:25	PUMP 9:00 - 9:55	POSTURAL GROUP 8:30 - 9:25	SALA PESI CARDIO FITNESS NUOTO LIBERO 9:00 - 19:00	SALA PESI CARDIO FITNESS NUOTO LIBERO 9:00 - 17:00
9:30	TOTAL WORKOUT 9:30 - 10:25		ACQUATRaining 10:00 - 10:50		ACQUATRaining 10:00 - 10:50		
10:30	ACQUATRaining 10:00 - 10:50	ACQUATRaining 10:00 - 10:50	G.A.G. 9:30 - 10:25	ACQUATRaining 10:00 - 10:50	TOTAL GYM 9:30 - 10:25		
11:30							
12:00							
13:00	PREPUGILISTICA 13:20 - 14:15		ACQUATRaining 13:30 - 14:20		ACQUATRaining 13:30 - 14:20		
13:30	ACQUATRaining 13:30 - 14:20	MAT PILATES 13:20 - 14:15	PREPUGILISTICA 13:20 - 14:15	MAT PILATES 13:20 - 14:15	PREPUGILISTICA 13:20 - 14:15		
14:30							
15:00							
17:30	G.A.G. 17:15 - 18:00	POSTURAL GROUP 17:30 - 18:25	TOTAL WORKOUT 17:15 - 18:00		INTERVAL TRAINING 17:15 - 18:00		
18:00	ACQUA BASIC 18:00 - 18:50	ACQUATRaining 18:15 - 19:05	PUMP 18:05 - 18:50	POSTURAL GROUP 17:30 - 18:25	ACQUATRaining 18:15 - 19:05		
18:30	PUMP 18:05 - 18:50		MAT PILATES 18:55 - 19:40	TOTAL WORKOUT 18:35 - 19:30	PUMP 18:05 - 18:50		
19:00	MAT PILATES 18:55 - 19:40	TOTAL WORKOUT 18:35 - 19:30	ACQUA TONE 19:00 - 19:50	ACQUACIRCUIT 18:40 - 19:30	MAT PILATES 18:55 - 19:40		
19:30	ACQUA CIRCUIT 19:00 - 19:50	ACQUATRaining 19:15 - 20:05	FUNCTIONAL TRAINING 19:45 - 20:40	FUNCTIONAL TRAINING 19:30 - 20:25	ACQUATRaining 19:15 - 20:05		
20:00	FUNCTIONAL TRAINING 19:45 - 20:40	FUNCTIONAL TRAINING 19:30 - 20:25	ACQUATRaining 20:00 - 20:50	ACQUATRaining 19:40 - 20:30	FUNCTIONAL TRAINING 19:45 - 20:40		
20:30	PREPUGILISTICA 20:35 - 21:30	SPINNING 20:35 - 21:30	PREPUGILISTICA 20:45 - 21:40	SPINNING 20:35 - 21:30	PREPUGILISTICA 20:45 - 21:40		
22:00							