

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