

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