



# FITNESS & Co. 2011-2012

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.30-10.30		palestra verde <b>QI GONG/TAIJI</b>		palestra verde <b>QI GONG/TAIJI</b>			
9.30-10.30	sala fitness <b>SCULPT</b>	sala fitness <b>PILATES</b>	sala fitness <b>GAG</b>	sala fitness <b>PILATES</b>			
10.30-11.30	sala fitness <b>PILATES</b>	sala fitness SlimTONIX	sala fitness <b>PILATES</b>	sala fitness SlimTONIX			
11.00-12.00							sala fitness <b>SUNDAYfit</b>
12.00-13.00						sala fitness <b>BODYFIT</b>	
13.00-14.00	sala fitness <b>BODYFIT</b>	sala fitness ABDOMINAL building	sala fitness <b>GAG</b>	sala fitness ABDOMINAL building	sala fitness <b>BODYFIT</b>	sala fitness <b>SCULPT</b>	
14.00-15.00	14.00-14.50 Bacchelli ACQUAGYM			14.00-14.50 Bacchelli ACQUAGYM		outdoor / palestra 3 <b>BOOTCAMP</b>	
						palestra verde DANZA ORIENTALE	
15.00-16.00	sala fitness <b>BODYFIT</b>	sala fitness <b>SCULPT</b>	sala fitness <b>stepBURN</b>	sala fitness <b>SCULPT</b>	sala fitness <b>BODYFIT</b>		
17.00-18.00	sala fitness SlimTONIX	sala fitness <b>GAG</b>	sala fitness <b>stepBURN</b>	sala fitness <b>GAG</b>	sala fitness SlimTONIX		
	palestra verde <b>SCULPT</b>		palestra verde <b>SCULPT</b>				
18.00-19.00	sala fitness <b>BODYFIT</b>	sala fitness <b>SCULPT</b>	sala fitness SlimTONIX	sala fitness <b>SCULPT</b>	sala fitness <b>BODYFIT</b>		
	palestra verde <b>PILATES</b>		palestra verde <b>PILATES</b>		palestra verde <b>PILATES</b>		
19.00-20.00	sala fitness <b>stepBURN</b>	sala fitness <b>BODYFIT</b>	sala fitness <b>stepBURN</b>	sala fitness <b>BODYFIT</b>	sala fitness <b>SCULPT</b>		
	palestra verde ABDOMINAL building	palestra verde <b>GAG</b>	palestra verde ABDOMINAL building	palestra verde <b>GAG</b>	palestra verde DANZA ORIENTALE		
	outdoor / palestra 3 <b>BOOTCAMP</b>			outdoor / palestra 3 <b>BOOTCAMP</b>			
20.00-21.00	sala fitness <b>FITBOXE training</b>	sala fitness <b>BODYFIT</b>	sala fitness <b>FITBOXE training</b>	sala fitness <b>SCULPT</b>	sala fitness <b>FITBOXE training</b>		
	palestra verde <b>GAG</b>	palestra verde <b>PILATES</b>		palestra verde <b>PILATES</b>			
		outdoor / palestra 1 <b>BOOTCAMP</b>					
21.00-22.00		sala fitness <b>FITBOXE training</b>		sala fitness <b>FITBOXE training</b>			