

PALESTRA VERDE-ROSSA-BLU

SALA "ANGELO TRANQUILLI" (SALA VERDE)

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09.00-09.30		FRANCESCA		FRANCESCA		
09.30-10.00	CRISTINA	BODY SCULPTING 9.00-10.00	CRISTINA	FIT BALL 9.00-10.00	CRISTINA	
10.00-10.30	GYM MUSIC 9.30-10.30	FRANCESCA	TOTAL BODY 9.30-10.30	FRANCESCA	CIRCUIT TRAINING 9.30-10.30	
10.30-11.00		FIT BALL 10.00-11.00	CRISTINA	GYM M.+BOSU 10.00-11.00	CRISTINA	
11.00-11.30	PILATES 10.30-11.30		PILATES+STRETCH 10.30-11.30		PILATES 10.30-11.30	
12.00-13.00						
14.00-14.30						
14.30-15.00						FABIO
15.00-15.30						KUNG-FU
15.30-16.00	LAURA	YOGA	LAURA	YOGA	LAURA	14.30-16.30
16.00-16.30	ARTISTICA	STEFANO 15.30-17.00	ARTISTICA	STEFANO 15.30-17.00	ARTISTICA	
16.30-17.00	DALLE 15 ALLE 18.15		DALLE 15 ALLE 18.15		DALLE 15 ALLE 18.15	GIULIA/UGO
17.00-17.30		FABIO		FABIO		TAI-CHI
17.30-18.00		KUNG-FU BIMBI 17.00-18.00		KUNG-FU BIMBI 17.00-18.00		16.30-18.30
18.00-18.30	ALESSANDRA	FABIO	ALESSANDRA	FABIO	ANNALISA	
18.30-19.00	FIT/PILATESS 18.15-19.15	KUNG-FU	FIT/PILATESS 18.15-19.15	KUNG-FU	GINNASTICA GENERALE 18.15-19.15	
19.00-19.30		18.00-20.00		18.00-20.00		
19.30-20.00	ALESSANDRO		ALESSANDRO		ALESSANDRO	
20.00-20.30	FULL CONTACT 19.30-20.30	GIULIA/UGO	FULL CONTACT 19.30-20.30	GIULIA/UGO	FULL CONTACT 19.30-20.30	
20.30-21.00	ALESSANDRO	TAI-CHI 20.00-21.30	ALESSANDRO	TAI-CHI 20.00-21.30	ALESSANDRO	
21.00-21.30	FULL CONTACT 20.30-21.30		FULL CONTACT 20.30-21.30		FULL CONTACT 20.30-21.30	
21.30-22.00						
22.00-22.30						
22.30-23.00						

SALA "FRANCESCO SILVESTRI" (SALA ROSSA)

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09.00-09.30						
09.30-10.00						
10.00-10.30						
10.30-11.00						
11.00-11.30						

PALESTRA VERDE-ROSSA-BLU

11.30-12.00						
13.30-14.00		ANDREA		ANDREA	ANDREA	
14.00-14.30		KRAVMAGA 13.30-14.30		KRAVMAGA 13.30-14.30	KARATE 14.30-15.30	
15.00-15.30	LAURA				LAURA	
15.30-16.00	ARTISTICA				ARTISTICA	
16.00-16.30			LAURA			
16.30-17.00	DALLE 15.00 ALLE 18.00		ARTISTICA		DALLE 15.00 ALLE 18.00	
17.00-17.30		GIULIA	DALLE 16.00 ALLE 18.00	GIULIA		
17.30-18.00		KUNG-FU BIMBI 17.00-18.00		KUNG-FU BIMBI 17.00-18.00		
18.00-18.30	ANDREA		ANDREA			
18.30-19.00	KARATE JUNIOR 18.00-19.30	GIULIA/UGO	KARATE JUNIOR 18.00-19.30	GIULIA/UGO		
19.00-19.30		TAI-CHI		TAI-CHI		
19.30-20.00					ENZO	
20.00-20.30		DALLE 18.30 ALLE 21.30	AZZURRA	DALLE 18.30 ALLE 21.30	BALLO 19.00-21.00	
20.30-21.00			SALSA 20.00-21.30			
21.00-21.30						
21.30-22.00						

SALA BLU

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
16.30-17.00						
17.00-17.30	GIOVANNI	GIOVANNI		GIOVANNI	GIOVANNI	
17.30-18.00	SCHERMA	SCHERMA		SCHERMA	SCHERMA	
18.00-18.30						
18.30-19.00	DALLE 16.30 ALLE 20.00	DALLE 16.30 ALLE 20.00		DALLE 16.30 ALLE 20.00	DALLE 16.30 ALLE 20.00	
19.00-19.30						
19.30-20.00						
20.00-20.30	GABRIELE	ANDREA	GABRIELE	ANDREA	ANDREA	
20.30-21.00	HWAL MOO DO 20.00-21.00	KARATE 20.00-21.30	HWAL MOO DO 20.00-21.00	KARATE 20.00-21.30	KRAVMAGA 20.00-21.30	
21.00-21.30						
21.30-22.00						