



PALINSESTO OPEN



Reception 0704599973

Francesca 3886425376 Roberta 3518363123

Veronica 3517031655 Sara 3515403002

Federica 3517099495

ORA	06:30 - 22:30 LUNEDI'	06:30 - 22:30 MARTEDI'	06:30 - 22:30 MERCOLEDI'	06:30 - 22:30 GIOVEDI'	06:30 - 22:30 VENERDI'
07:00	FAST EVO FIT Nicola '45		FAST EVO FIT Nicola '45		FAST EVO FIT Nicola '45
08:00		POSTURAL Francesca "50		POSTURAL Francesca "50	
08:30	GINN MET PILATES Maurizio "50		GINN MET PILATES Maurizio "50		GINN MET PILATES Maurizio "50
09:00	FUNZIONALE Stefano "50		FUNZIONALE Stefano "50		FUNZIONALE Stefano "50
10:00	WOMAN FIT Nicola '45	SPARTAN SYSTEM Nicola "45	WOMAN FIT Nicola '45	SPARTAN SYSTEM Nicola "45	WOMAN FIT Nicola '45
12:30	SPARTAN SYSTEM Nicola "45	FUNZIONALE Nicola "50	SPARTAN SYSTEM Nicola "45	FUNZIONALE Nicola "50	SPARTAN SYSTEM Nicola "45
13:30	MET MIX CIRCUIT Paola "50		MET MIX CIRCUIT Paola "50		MET MIX CIRCUIT Paola "50
13:30	SUSPENSION Nicola "45	FUNCTIONAL EVO Paola "50	SUSPENSION Nicola "45	FUNCTIONAL EVO Paola "50	SUSPENSION Nicola "45
14:15		GINN MET PILATES Francesca "50		GINN MET PILATES Francesca "50	
14:30	ATHLETIC SKILLS Nicola "45		ATHLETIC SKILLS Nicola "45		ATHLETIC SKILLS Nicola "45
16:30		ADDOM GLUTEI Massimo "50		ADDOM GLUTEI Massimo "50	
16:45	WOMAN FIT Nicola "45		WOMAN FIT Nicola "45		WOMAN FIT Nicola "45
17:30		WALKING Massimo "45		WALKING Massimo "45	
17:50	CROSS TRAINING Rubens "50		CROSS TRAINING Rubens "50		CROSS TRAINING Rubens "50
18:00	SPARTAN SYSTEM Nicola "45	CALISFIT Matteo '60	SPARTAN SYSTEM Nicola "45	CALISFIT Matteo '60	SPARTAN SYSTEM Nicola "45
18:00	MET MIX CIRCUIT Elena "50		MET MIX CIRCUIT Elena "50		MET MIX CIRCUIT Elena "50
18:20		ISRAELI JU JITSU Daniele "50		ISRAELI JU JITSU Daniele "50	
18:20		STRETCHING Massimo "30		STRETCHING Massimo "30	
18:45	CROSS TRAINING Rubens "50		CROSS TRAINING Rubens "50		CROSS TRAINING Rubens "50
19:00	CALISFIT Matteo '60	CROSS TRAINING Rubens "50	CALISFIT Matteo '60	CROSS TRAINING Rubens "50	CALISFIT Matteo '60
19:00	MET MIX CIRCUIT Paola "50	GINN MET PILATES Maurizio "50	MET MIX CIRCUIT Paola "50	GINN MET PILATES Maurizio "50	MET MIX CIRCUIT Paola "50
19:30		PREPARAZIONE KB Daniele "50		PREPARAZIONE KB Daniele "50	
19:30		ZUMBA Mauro '60		ZUMBA Mauro '60	
20:00	WALKING Simona "45		WALKING Simona "45		WALKING Simona "45
20:00	FUNCTIONAL EVO Paola "50	GINN MET PILATES Paola "50	FUNCTIONAL EVO Paola "50	GINN MET PILATES Paola "50	FUNCTIONAL EVO Paola "50
20:00	CALISFIT Matteo '60	FUNZIONALE Maurizio "50	CALISFIT Matteo '60	FUNZIONALE Maurizio "50	CALISFIT Matteo '60
20:00	ZUMBA Laura '60		ZUMBA Laura '60		ZUMBA Laura '60
21:00	FUNZIONALE Stefano "50		FUNZIONALE Stefano "50		FUNZIONALE Stefano "50
SABATO 09:00 - 17:00 e DOMENICA 09:00 - 14:00					
	VIRTUALROOM	SKYROOM		SALA FUNZIONALE	SALA 1