PALINSESTO FITNESS

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8.45 Bike	8.45 Bike	9.00 Bike	9.15 Bike	8.30 Ginnastica Dolce	8.30 Bike
9.30 Bike	9.30 Ginnastica Dolce	9.45 Bike	10.00 Acquagym	9.15 Bike	9.15 Run
10.15 Acquagym	10.15 Acquagym	10.30 Run	10.45 Acquagym mix	10.00 Acquagym	
11.00 Acquagym mix					
12.45 Bike	12.45 Bike	12.45 Bike	12.45 Bike	12.45 Bike	Domenica
13.30 Run	13.30 Bike	13.30 Acquagym	13.30 Run	13.30 Acquagym	9.15 Bike
	14.15 Run		14.15 Bike	14.15 Run	10.00 Bike
	15.00 Acquagym		15.00 Acquagym		
18.45 Acquagym	18.45 Run	18.45 Acquagym	18.45 Run	18.45 Acquagym	
19.30 Bike	19.30 Bike	19.30 Bike	19.30 GAG	19.30 Bike	
20.15 Run	20.15 Bike	20.15 Run	20.15 Bike	20.15 Run	