

		LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO					
<b>SALA REHAB</b>	9.00 10.00	PERSONAL TRAINING		9.00 10.00	PERSONAL TRAINING	9.00 10.30	SALA ATTREZZI	9.00 10.00	PERSONAL TRAINING	9.00 10.30	SALA ATTREZZI	
	10.15 11.15	PERSONAL TRAINING		10.15 11.15	PERSONAL TRAINING	10.30 12.00	SALA ATTREZZI	10.15 11.15	PERSONAL TRAINING	10.30 12.00	SALA ATTREZZI	
	17.30 18.30	REHAB TRAINING										
			17.45 18.45	PERSONAL TRAINING	17.45 18.45	PERSONAL TRAINING			18.15 19.15	PERSONAL TRAINING		
	19.00 20.00	ENERGY TRAINING	19.00 20.00	ENERGY TRAINING	19.00 20.00	ENERGY TRAINING						
	20.10 21.10	CIRCUIT TRAINING			20.10 21.10	CIRCUIT TRAINING						

		LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO			
<b>SALA CORSI</b>					8.00 9.00	YOGA DOLCE				
			10.00 11.30	UN PUGNO AL PARKINSON	9.45 10.45	GINNASTICA DOLCE	10.00 11.30	UN PUGNO AL PARKINSON		
					11.00 12.00	GINNASTICA ENERGY		15.00 15.50	KUNG FU PRINCIPIANTI	
	16.00 17.30	UN PUGNO AL PARKINSON		16.45 17.30	CIRCUIT ADOLESCENTI		16.30 17.15	CIRCUIT ADOLESCENTI	15.50 16.50	KUNG FU GRADUATI
	18.00 19.00	GINNASTICA ANTALGICA		18.00 19.00	GINNASTICA ANTALGICA		17.15 18.00	CIRCUIT ADOLESCENTI		
	19.00 20.00	GINNASTICA POSTURALE METODO PILATES		19.00 20.00	GINNASTICA POSTURALE METODO PILATES					