

CASAL MONASTERO				Planning valido dal: 10 Gennaio	
LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7.30-8.20 MorningWorkout Studio 1	9.00-9.50 Pancafit Studio 4	9.00-10.00 Vinyasa Yoga Studio 2	9.00-9.50 Pancafit Studio 4	7.30-8.20 MorningWorkout Studio 1	10.00-10.50 Pilates Studio 1
9.00-9.50 Pilates Studio 2	10.00-10.50 Posturale Studio 2	9.30-10.30 Indoor cycling Studio 5	10.00-10.50 Posturale Studio 2	9.00-9.50 Pilates Studio 2	11.00-11.50 Energy Saturday Studio 1
9.30-10.20 Acqua Gym Vasca piccola	10.30-11.20 Acqua Gym Vasca grande	9.30-10.30 Idrobike Vasca piccola	10.30-11.20 Acqua Gym Vasca grande	9.30-10.20 Acqua Gag Vasca piccola	11.15-12.15 Indoor cycling Studio 5
10.00-10.45 Pancafit Studio 4	10.00-10.50 Functional Walk Studio 5	10.30-11.20 Body Pump Studio 1	10.00-10.50 Suspension training Studio 5	10.00-10.45 Pancafit Studio 4	11.15-12.05 Idrobike Vasca piccola
10.30-11.20 Acqua Gag Vasca grande	11.20-12.10 Acqua Tabata Vasca piccola	10.30-11.20 Acqua Gym Vasca grande	11.20-12.10 Acqua Tabata Vasca piccola	10.30-11.20 Acqua Gym Vasca grande	12.15-13.05 Acqua Gym Vasca piccola
10.30-11.20 Total Body Studio 1	13.15-14.05 Funzionale Studio 1	10.45-11.30 Pancafit Studio 4	13.15-14.05 Funzionale Studio 1	10.30-11.20 Pound Studio 1	16.30-17.20 Total Body Studio 1
13.15-14.05 Total Body Studio 1	17.00-17.50 Total Body Studio 1	13.15-14.05 Pilates Studio 1	17.00-17.20 Abdominal Sala pesi	13.15-14.05 Total Body Studio 1	DOMENICA 10.00-10.50
16.00-16.30 Allenamento al femminile Sala pesi	17.00-17.20 Cross Focus Sala pesi	17.00-17.50 Body Pump Studio 1	17.00-17.50 Super Gag Studio 1	16.00-16.30 Allenamento al femminile Sala pesi	Acqua Gym Vasca grande
17.00-17.50 Body Pump Studio 1	17.30-17.50 Cross Focus Sala pesi	17.30-18.20 Mezieres Studio 2	18.00-19.00 Indoor cycling Studio 5	17.00-17.50 Total Body Studio 1	11.00-11.50 Easy Sunday A rotazione
17.30-18.20 Posturale Studio 2	18.00-19.00 Indoor cycling Studio 5	18.00-19.00 Indoor cycling Studio 5	18.20-19.10 Pilates Studio 2	17.30-18.20 Cross Easyfit Studio 2	
18.15-19.05 Tabata Studio 1	18.20-19.10 Pilates Studio 2	18.15-19.05 Zumba Studio 1	18.30-19.20 Cross Easyfit Studio 1	18.00-18.50 Pilates Studio 1	
18.30-19.20 Walking Studio 5	18.30-19.20 Cross Easyfit Studio 1	18.30-19.20 Suspension Training Studio 2	19.00-19.50 Acqua Gym Vasca piccola	18.30-19.20 Pound Studio 2	
18.30-19.15 Pancafit Studio 4	19.00-19.50 Acqua Gym Vasca piccola	18.30-19.15 Pancafit Studio 4	19.15-20.00 Pancafit Studio 4	18.15-19.15 Indoor cycling Studio 5	
19.15-20.05 Suspension Training Studio 2	19.15-20.00 Pancafit Studio 4	19.00-20.00 Idrobike Vasca piccola	19.30-20.20 Body pump Studio 1	18.30-18.50 Cross Focus Sala pesi	
19.00-19.50 Acqua Tabata Vasca piccola	19.30-20.20 Super Gag Studio 1	19.15-20.05 Step and Tone Studio 1	19.30-20.20 Walking Studio 5	19.00-19.50 Acqua Gym Vasca piccola	
19.15-20.05 Step and Tone Studio 1	19.30-20.20 Walking Studio 5	19.20-20.10 Walking Studio 5	19.50-20.50 Idrobike Vasca piccola	19.15-20.05 Interval Training Studio 1	
20.15-21.05 Funzionale Studio 1	19.50-20.50 Idrobike Vasca piccola	20.15-21.05 Funzionale Studio 1	20.30-21.30 Prepugilistica studio 1	19.30-19.50 Cross Focus Sala pesi	
	Vinyasa Yoga studio 2				
	20.30-21.30 Prepugilistica studio 1				

