

<u>Lunedì</u>	<u>Martedì</u>	<u>Mercoledì</u>	<u>Giovedì</u>	<u>Venerdì</u>	<u>Sabato</u>	<u>Domenica</u>
8.45 Bike	9.00 Ginnastica Dolce	9.15 Bike	9.15 Bike	8.30 Ginnastica Dolce	8.45 Bike	9.15 Bike
9.30 Bike	9.00 Bike	10.00 Bike	10.00 Acquagym	9.15 Bike	9.30 Run	10.00 Bike
10.15 Acquagym	9.45 Acquagym	10.45 Run	10.45 Acquagym mix	10.00 Acquagym		
11.00 Acquagym mix	9.45 Bike					
	10.30 GYM (palestra)					
12.45 Bike	12.45 Bike	12.45 Bike	12.45 Bike	12.45 Bike		
13.30 Run	13.30 Bike	13.30 Acquagym	13.30 Run	13.30 Acquagym		
	14.15 Run		14.15 Bike	14.15 Run		
	15.00 Acquagym		15.00 Acquagym			
18.45 Acquagym	18,45 Run	18.45 Acquagym	19.15 Bike	19.15 Acquagym		
19.30 Bike	19.30 Bike	19.30 Bike	19.15 GAG	20.00 Bike		
20.15 Run	20.15 GAG	20.15 Run	20.00 Run			