

LUNEDÌ

QUINTO ALPINI

	REFORMER <i>Sala grande</i>	REFORMER <i>Sala piccola</i>	SALA MATWORK <i>1</i>	SALA MATWORK <i>2</i>	TRAINING
06:00					
06:30					
07:00					
07:30	TRAINING <i>Nancy Bernacchia</i>				
08:00					
08:30	REFORM YOUR BODY <i>Nancy Bernacchia</i>				
09:00					
09:30	POWER DYNAMIC <i>Nancy Bernacchia</i>				
10:00		BALANCE <i>Elena Harti</i>			FUSION TRAINING <i>Francesco P.</i>
10:30	REFORM YOUR BOOTY <i>Nancy Bernacchia</i>				
11:00		TOWER <i>Elena Harti</i>			FUSION TRAINING <i>Francesco P.</i>
11:30					
12:00	REFORM YOUR BODY <i>Elena Harti</i>	BALANCE <i>Nancy Bernacchia</i>			FUSION TRAINING <i>Francesco P.</i>
12:30					
13:00	POWER DYNAMIC <i>Nancy Bernacchia</i>	BALANCE <i>Elena Harti</i>		DINAMICO <i>Romina Benvenuti</i>	FUNCTIONAL TRAINING <i>Sala mat. 1 - Francesco P.</i>
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	REFORM YOUR BODY <i>Elena Harti</i>	BALANCE <i>Arianna</i>			
17:30					
18:00	TRAINING <i>Arianna Guerzoni</i>	TOWER <i>Elena Harti</i>			
18:30			POWER BARRE <i>Simona Benvenuti</i>		FUSION TRAINING <i>Carol C.</i>
19:00	POWER DYNAMIC <i>Arianna Guerzoni</i>	BALANCE <i>Elena Harti</i>			
19:30				FLOW <i>Simona Benvenuti</i>	FUSION TRAINING <i>Carol C.</i>
20:00	REFORM YOUR BODY <i>Elena Harti</i>				
20:30					FUNCTIONAL TRAINING <i>Carol C.</i>
21:00					
21:30					

MARTEDÌ

QUINTO ALPINI

	REFORMER <i>Sala grande</i>	REFORMER <i>Sala piccola</i>	SALA MATWORK <i>1</i>	SALA MATWORK <i>2</i>	TRAINING
06:00					
06:30					
07:00					
07:30	TRAINING <i>Chiara Perletti</i>				FUNCTIONAL TRAINING <i>Sala mat. 1 - Marta A.</i>
08:00					
08:30	POWER DYNAMIC <i>Chiara Perletti</i>				FUNCTIONAL TRAINING <i>Sala mat. 1 - Marta A.</i>
09:00		BALANCE <i>Elena Harti</i>			
09:30	REFORM YOUR BODY <i>Chiara Perletti</i>				
10:00		BALANCE <i>Elena Harti</i>			FUSION TRAINING <i>Marta A.</i>
10:30					
11:00					FUSION TRAINING <i>Marta A.</i>
11:30					
12:00	REFORM YOUR BODY <i>Elena Harti</i>	TOWER <i>Chiara Perletti</i>			FUSION TRAINING <i>Marta A.</i>
12:30					
13:00	POWER DYNAMIC <i>Chiara Perletti</i>	BALANCE <i>Elena Perletti</i>			FUNCTIONAL TRAINING <i>Sala mat. 1 - Marta A.</i>
13:30					
14:00	REFORM YOUR BODY <i>Elena Harti</i>				
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	REFORM YOUR BOOTY <i>Valeria Ventrella</i>				
17:30					
18:00	REFORM YOUR BODY <i>Valeria Ventrella</i>	BALANCE			FUSION TRAINING <i>Carol C.</i>
18:30			DINAMICO <i>Romina</i>		
19:00	POWER DYNAMIC <i>Valeria Ventrella</i>	BALANCE			FUSION TRAINING <i>Carol C.</i>
19:30					
20:00	POWER DYNAMIC <i>Valeria Ventrella</i>	BALANCE			
20:30					
21:00					
21:30					

MERCOLEDÌ

QUINTO ALPINI

	REFORMER <i>Sala grande</i>	REFORMER <i>Sala piccola</i>	SALA MATWORK <i>1</i>	SALA MATWORK <i>2</i>	TRAINING
06:00					
06:30					
07:00					
07:30					FUNCTIONAL TRAINING
08:00					<i>Sala mat. 1 - Marta A.</i>
08:30					FUNCTIONAL TRAINING
09:00	REFORM YOUR BODY <i>Elena Harti</i>				<i>Sala mat. 1 - Marta A.</i>
09:30					
10:00		BALANCE <i>Elena Harti</i>			FUSION TRAINING <i>Marta A.</i>
10:30	REFORM YOUR BODY <i>Giulia Dolci</i>				
11:00		BALANCE <i>Elena Harti</i>			FUSION TRAINING <i>Marta A.</i>
11:30					
12:00	POWER DYNAMIC <i>Giulia Dolci</i>	TOWER <i>Elena Harti</i>			
12:30					
13:00	REFORM YOUR BODY <i>Giulia Dolci</i>	BALANCE <i>Elena Harti</i>			FUNCTIONAL TRAINING
13:30					<i>Sala mat. 1 - Marta A.</i>
14:00					
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	POWER DYNAMIC <i>Giulia Dolci</i>				
17:30		BALANCE			FUSION TRAINING <i>Francesco P.</i>
18:00	REFORM YOUR BODY <i>Giulia Dolci</i>				
18:30		BALANCE		POWER BARRE <i>Simona Benvenuti</i>	FUSION TRAINING <i>Francesco P.</i>
19:00	REFORM YOUR BODY <i>Giulia Dolci</i>				
19:30		BALANCE	PILATES AEREO	DINAMICO <i>Simona Benvenuti</i>	FUSION TRAINING <i>Francesco P.</i>
20:00	POWER DYNAMIC <i>Giulia Dolci</i>				
20:30					FUNCTIONAL TRAINING
21:00					<i>Sala mat. 2- Francesco P.</i>
21:30					

GIOVEDÌ

QUINTO ALPINI

	REFORMER <i>Sala grande</i>	REFORMER <i>Sala piccola</i>	SALA MATWORK <i>1</i>	SALA MATWORK <i>2</i>	TRAINING
06:00					
06:30					
07:00					
07:30					
08:00					
08:30	TRAINING <i>Chiara Perletti</i>				
09:00		BALANCE			
09:30	POWER DYNAMIC <i>Chiara Perletti</i>				
10:00		BALANCE			
10:30	REFORM YOUR BODY <i>Giulia Dolci</i>				FUSION TRAINING <i>Chiara P.</i>
11:00					
11:30					FUSION TRAINING <i>Chiara P.</i>
12:00	REFORM YOUR BODY <i>Giulia Dolci</i>				
12:30					
13:00	POWER DYNAMIC <i>Giulia Dolci</i>				FUNCTIONAL TRAINING <i>Sala mat. 1 - Chiara P.</i>
13:30					
14:00	TRAINING <i>Chiara Perletti</i>				
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	POWER DYNAMIC <i>Arianna Guerzoni</i>				
17:30		BALANCE <i>Romina Benvenuti</i>			
18:00	REFORM YOUR BODY <i>Arianna Guerzoni</i>				FUSION TRAINING <i>Carol C.</i>
18:30		BALANCE <i>Romina Benvenuti</i>			
19:00	REFORM YOUR BODY <i>Arianna Guerzoni</i>				FUSION TRAINING <i>Carol C.</i>
19:30					
20:00	POWER DYNAMIC <i>Arianna Guerzoni</i>				FUSION TRAINING <i>Carol C.</i>
20:30					
21:00					
21:30					

VENERDÌ

QUINTO ALPINI

	REFORMER <i>Sala grande</i>	REFORMER <i>Sala piccola</i>	SALA MATWORK <i>1</i>	SALA MATWORK <i>2</i>	TRAINING
06:00					
06:30					
07:00					
07:30	TRAINING <i>Chiara Perletti</i>				FUNCTIONAL TRAINING <i>Sala mat. 1 - Marta A.</i>
08:00					
08:30	POWER DYNAMIC <i>Chiara Perletti</i>				FUNCTIONAL TRAINING <i>Sala mat. 1 - Marta A.</i>
09:00					
09:30	REFORM YOUR BODY <i>Chiara Perletti</i>	BALANCE <i>Elena Harti</i>			FUSION TRAINING <i>Marta A.</i>
10:00					
10:30		TOWER <i>Elena Harti</i>			FUSION TRAINING <i>Marta A.</i>
11:00					
11:30					FUSION TRAINING <i>Chiara P.</i>
12:00	POWER DYNAMIC <i>Elena Harti</i>				
12:30					
13:00	REFORM YOUR BODY <i>Giulia Dolci</i>	BALANCE <i>Elena Harti</i>			FUNCTIONAL TRAINING <i>Sala mat. 1 - Chiara P.</i>
13:30					
14:00	REFORM YOUR BODY <i>Giulia Dolci</i>				
14:30					
15:00					
15:30					
16:00					
16:30					
17:00	POWER DYNAMIC <i>Giulia Dolci</i>	BALANCE <i>Romina Benvenuti</i>			
17:30					
18:00	REFORM YOUR BODY <i>Giulia Dolci</i>	BALANCE <i>Romina Benvenuti</i>			
18:30					
19:00	POWER DYNAMIC <i>Giulia Dolci</i>	BALANCE <i>Romina Benvenuti</i>			
19:30					
20:00					
20:30					
21:00					
21:30					

SABATO

QUINTO ALPINI

	REFORMER <i>Sala grande</i>	REFORMER <i>Sala piccola</i>	SALA MATWORK <i>1</i>	SALA MATWORK <i>2</i>	TRAINING
06:00					
06:30					
07:00					
07:30					
08:00					FUSION TRAINING <i>Francesco P. / Carol C.</i>
08:30	TRAINING <i>Nancy Bernacchia</i>				FUSION TRAINING <i>Francesco P. / Carol C.</i>
09:00		BALANCE <i>Romina Benvenuti</i>			FUSION TRAINING <i>Francesco P. / Carol C.</i>
09:30	REFORM YOUR BODY <i>Nancy Bernacchia</i>				FUSION TRAINING <i>Francesco P. / Carol C.</i>
10:00					
10:30	POWER DYNAMIC <i>Nancy Bernacchia</i>				FUNZIONALE DI GRUPPO <i>Sala mat. 2</i> <i>Francesco P. / Carol C.</i>
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