

SETTIMANA DAL 9/9 AL 13/9

LUNEDI'

PANORAMA	SOPPALCO	PERSONAL	SPINNING	PISCINA INT	PISCINA EST	PARCO
		8,45/9,30 SCHIENA RITA		6,30/8,45 NUOTO LIBERO	9,00/10,00 NUOTO LIBERO	
		9,30/10,15 PANCAFIT RITA		8,45/10,00 REC FUNZ		
09,45/10,30 SCHIENA LUCA	9,00/9,45 PILATES			10,00 ACQUAGYM	9,00/13,00 NUOTO LIBERO	
10,30/11,15 SCHIENA LUCA	11,00/11,45 Pilates in gravidanza			10,45/12,30 REC FUNZ		
				12,30/13,00 NUOTO LIBERO		
		11,00 TRX		13,00/13,45 ACQUAGYM		
13,00/13,45 GRIT	12,45/13,30 PILATES			14,00/15,00 REC FUNZ	14,00/16,00 NUOTO LIBERO	
Corpo libero 15,00/16,00	Yoga 16,00/17,00			15,00/15,45 HYDRA	16,00/16,45 ACQUAGYM	
		17,00 TRX		15,45/16,45 NUOTO LIBERO	16,45/18,00 NUOTO LIBERO	
17,30 ADDOME				16,45/18,45 REC FUNZ	18,00/18,45 ACQUAGYM	
17,45 GLUTEI				18,45/19,30 ACQUAGYM		
18,00 BRACCIA	18,45/19,30 CECILIA			19,30/20,00 REC FUNZ		19,30/20,30 SPARTAN TRAINING
18,15 GAMBE	19,30/20,30 AEROBICA	19,00 TRX		20,00/21,00 NUOTO LIBERO		
18,30 ADDOME			Spinning 19,30/20:30			
19,30 GRIT						
20,15/21,15 KICK BOXING						

MARTEDI'

PANORAMA	SOPPALCO	PERSONAL	SPINNING	PISCINA INT	PISCINA EST	PARCO
				6,30/8,45 NUOTO	9,00/10,00 NUOTO LIBERO	
				8,30/9,15 Pilates princ.		9,00/10,00 REC FUNZ
				9,15/10,00 Tonificazione	10,00/10,45 ACQUAGYM	
			Yoga 10:00/11:00			
		10,30 TRX				
			13/13,45 SPINNING	10,45/15,00 REC FUNZ	11,00/16,00 NUOTO	IPERCIRCUITO 13,00/13,45
13,00 ADDOME	Yoga 12:50/13:50					
13,15 GLUTEI						
				15,00/17,30 NUOTO LIBERO	16,00/16,45 ACQUAGYM	
	16,45/17,30 Pilates				16,45/18,00 NUOTO	
17,30 ADDOME	17,45/18,30 SCHIENA			17,30/20,00 REC FUNZ	18,00/18,45 ACQUAGYM	
17,45 GLUTEI		18,00 TRX				
		18,30/19,15 PANCAFIT	18,15/19,15 SPINNING			
18,30/19,15 ATHLETIC	18,45/19,30 Zumba					
	19,30/20,15 PILATES		19,15/20,15 SPINNING			
19,15/20,00 TOTAL BODY		20,15/21,00 SCHIENA				
20,00/20,45 FIT BOXE				20,00/21,00 NUOTO LIBERO		

MERCOLEDI'

PANORAMA	SOPPALCO	PERSONAL	SPINNING	PISCINA INT	PISCINA EST	PARCO
				6,30/8,45 NUOTO LIBERO	9,00/13,00 NUOTO LIBERO	
				8,45/9,30 REC FUNZ		
8,45/9,30 SCHIENA	9,30/10,15 SCHIENA	8,45/9,30 PANCAFIT RITA		10,00 ACQUAGYM		
		8,45/9,30 SCHIENA RITA		10,45/12,30 REC FUNZ		
		10,30 TRX		12,30/13,00 NUOTO LIBERO		
				13,00/13,45 ACQUAGYM		
13,00/14,30 KICK BOXING				14,00/15,00 REC FUNZ	14,00/16,00 NUOTO LIBERO	
				15,00/15,45 HYDRA	16,00 ACQUAGYM	
18,00 GAMBE				15,45/16,45 NUOTO LIBERO		
18,15 GLUTEI						Dalle 18:30 EVENTO OLISTICO A BORDO PISCINA E APERITIVO EDENCAFE'
18,30 ADDOME	18,00/18,45 AERO BASE			16,45/20,00 REC FUNZ		
	18,45/19,30 STEP BASE		19:30/20:30 SPINNING			
Dalle 18:30 EVENTO OLISTICO A BORDO PISCINA E APERITIVO EDENCAFE'	19,45/20,30 BRUCIAGRASSI			20,00/21,00 NUOTO LIBERO		19,30/20,30 SPARTAN

GIOVEDI'

PANORAMA	SOPPALCO	PERSONAL	SPINNING	PISCINA INT	PISCINA EST	PARCO
				6,30/8,45 NUOTO	9,00/10,00 NUOTO LIBERO	
9,00/9,45 BRUCIAGRASSI				9,00/10,00 REC FUNZ		
	Yoga 10:00/11:00			10,00/10,45 ACQUAGYM		
		11,00 TRX				
12,45 ADDOME				10,45/15,00 REC FUNZ	11,00/16,00 NUOTO	
13,00/13,30 GRIT	13,00/13,45 PILATES					
		Pilates in Gravidanza 15:00/15:45		15,00/17,30 NUOTO LIBERO	16,00/16,45 ACQUAGYM	
		15,45-16,30 schiena			16,45/18,00 NUOTO	
	Yoga 16:30/17:30			17,30/20,00 REC FUNZ	18,30/19,15 ACQUAGYM	
17,45 ADDOME					18,45/20,00 NUOTO	
18,00 BRACCIA	18,00/18,45 PILATES		18,00/19,00 SPINNING			
18,15 GAMBE			19,00/20,00 SPINNING			
18,30 GLUTEI	18,45/19,30 PILATES					
18,45 GRIT						
19,30/20,15 TOTAL BODY	19,30/20,15 AEROBICA			20,00/21,00 NUOTO LIBERO		
20,15/21,15 KICK BOXING	20,15/21,00 STEP					

VENERDI'

PANORAMA	SOPPALCO	PERSONAL	SPINNING	PISCINA INT	PISCINA EST	PARCO
				6,30/8,45 NUOTO	9,00/10,00 NUOTO LIBERO	
				9,00/10,00 REC FUNZ		
9,45/10,30 SCHIENA	9,45/10:30 Pilates princ.	8,45/9,30 PANCAFIT RITA		10,00/10,45 ACQUAGYM		
			10:30 TRX	10,45/12,45 REC FUNZ	11,00/13,00 NUOTO	
				12,45/13,45 ACQUAGYM		
13,10/14,30 KICK BOXING		13,00/13,45 POSTURA		14,00/15,00 REC FUNZ	14,00/16,00 NUOTO	IPERCIRCUITO 13,00/13,45
Step 14:00/14:45						
				16,00/16,45 ACQUAGYM		
Bruciagrassi 15:00/15:45						
17,30 ADDOME			17,00 TRX	16,45/20,00 REC FUNZ	16,45/20,00 NUOTO	
17,45 GLUTEI			18,00 TRX			
	18,15/19,00 STEP					
18,45/19,30 GRIT	Yoga 19:00/20:00		18,30/19,30 SPINNING	20,00/21,00 NUOTO LIBERO		
19,30/20,15 FIT BOXE						