

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9.00/9.45 YOGA	9.00/9.45 PANCAFIT	9.00/9.45 POSTURALE	9.45/10.30 PANCAFIT	9.00/9.45 STRETCH & TONE	9.00/10.00 TAI CHI
10.00/10.45 BODYWORKOUT	10.00/10.45 PANCAFIT	10.00/10.45 TOTALBODY	10.45/11.30 GAG	10.00/10.45 POSTURALE	10.15/11.00 BODYWORKOUT
10.45/11.30 PILATES	11.00/11.45 PANCAFIT				
12.45/13.30 PILATES		12.45/13.30 METABOLIC WORKOUT		12.45/13.30 ENERGY WORKOUT	
15.15/16.00 FUNCTIONAL	15.00/15.45 POSTURALE	14.30/15.15 PILATES		15.30/16.15 PANCAFIT	
18.00/18.45 GAG	18.00/18.45 GAG	18.00/18.45 BODYWORKOUT	18.00/18.45 CROSS CARDIO		
18.45/19.30 PUMP	18.45/19.30 FUNCTIONAL	18.45/19.30 PILATES	18.45/19.30 STRONG NATION	18.30/19.15 H.I.I.T.	
19.30/20.30 YOGA	19.30/20.15 H.I.I.T.	19.30/20.30 YOGA	19.30/20.15 CROSS CARDIO		

★ SU PRENOTAZIONE

CORSI TERRA

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8.45/9.30 ACQUAGYM	9.00/9.45 ACQUAGAG	9.00/9.45 SOFTGYM	8.45/9.30 ACQUAGYM	9.00/9.45 SOFTGYM	13.00/13.45 ACQUADEEP
8.45/9.30 ACQUADEEP					
9.30/10.15 ACQUATRaining	9.45/10.30 ACQUAGYM	9.45/10.30 ACQUAGYM	9.30/10.15 ACQUA CARDIO & TONE	9.45/10.30 ACQUATONE	10.00/10.45 GYMSPECIAL
13.00/13.45 ACQUA CARDIO & TONE	13.00/13.45 ACQUATONE	13.00/13.45 ACQUATRaining	13.00/13.45 ACQUAGYM	13.00/13.45 ACQUABIKE	11.00/11.45 ACQUABIKE
14.30/15.15 ACQUAPOSTURAL			14.30/15.15 ACQUAGYM	14.30/15.15 ACQUAPOSTURAL	
15.15/16.00 ACQUATRaining	15.15/16.00 ACQUAGYM	15.15/16.00 ACQUATONE	15.15/16.00 A-FIT EVOLUTION		
19.15/20.00 ACQUAINTERVAL	19.15/20.00 KICK BOXE	19.15/20.00 ACQUADEEP	19.15/20.00 ACQUATONE	19.15/20.00 ACQUADEEP	
20.00/20.45 ACQUABIKE	20.00/20.45 ACQUA TRAINING	20.05/20.50 ACQUAGYM	20.00/20.45 ACQUABIKE	20.05/20.50 ACQUAGAG	

Domenica

★ SU PRENOTAZIONE
★ VASCA 25

CORSI ACQUA