

FASCE ORARIE	PLANNING CLASSI FITNESS E ACQUAFITNESS - valido dal 28/09/2020 <small>r.200922</small>					
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7.00 - 8.00	[07.30] TOTAL BODY	[07.15] FUNCTIONAL TR.	[07.30] TOTAL BODY	[07.15] FUNCTIONAL TR.	[07.30] TOTAL BODY	
	[07.45] INDOOR WALK	[07.25] INDOOR CYCLING	[07.45] INDOOR WALK	[07.25] INDOOR CYCLING	[07.45] INDOOR WALK	
		[08.15] PILATES		[08.15] PILATES		
8.00 - 9.00	[08.00] ACQUAGYM	[08.00] HYDROBIKE	[08.00] ACQUAGYM	[08.00] HYDROBIKE	[08.00] ACQUAGYM	
	[08.50] ACQUAGYM	[08.50] ACQUAGYM	[08.50] ACQUAGYM	[08.50] ACQUAGYM	[08.50] ACQUAGYM	
9.00 - 10.00	[09.20] YOGA FIT	[09.30] PUMP		[09.30] PUMP	[09.20] YOGA FIT	[09.00] HYDROBIKE
	[09.40] ACQUAGYM	[09.40] ACQUAGYM	[09.40] ACQUAGYM	[09.40] ACQUAGYM	[09.40] ACQUAGYM	[09.50] ACQUAGYM
10.00 - 11.00	[10.20] PILATES	[10.20] POSTURAL TR.	[10.20] POSTURAL TR.	[10.20] POSTURAL TR.	[10.20] PILATES	[10.00] PILATES
	[10.30] ACQUAGYM	[10.30] ACQUAGYM	[10.30] ACQUAGYM	[10.30] ACQUAGYM	[10.30] ACQUAGYM	[10.40] ACQUAGYM
	[10.40] INDOOR WALK	[10.40] METABOLIC CIRC.	[10.40] INDOOR WALK	[10.40] METABOLIC CIRC.	[10.40] INDOOR WALK	
11.00 - 12.00	[11.10] TOTAL BODY	[11.10] INDOOR WALK	[11.10] TOTAL BODY	[11.10] INDOOR WALK	[11.10] TOTAL BODY	[11.00] TOTAL BODY
	[11.20] ACQUAGYM	[11.20] ACQUAGYM	[11.20] ACQUAGYM	[11.20] ACQUAGYM	[11.20] ACQUAGYM	[11.30] ACQUAGYM
12.00 -13.00						[12.00] FUNCTIONAL TR.
	[12.10] ACQUAGYM	[12.10] ACQUAGYM	[12.10] ACQUAGYM	[12.10] ACQUAGYM	[12.10] ACQUAGYM	[12.20] ACQUAGYM
						[12.30] INDOOR WALK
13.00 - 14.00	[13.00] ACQUAGYM	[13.00] HYDROBIKE	[13.00] ACQUAGYM	[13.00] HYDROBIKE	[13.00] ACQUAGYM	[13.10] HYDROBIKE
	[13.15] INDOOR WALK	[13.10] TOTAL BODY	[13.15] INDOOR WALK	[13.10] TOTAL BODY	[13.15] INDOOR WALK	
	[13.30] TOTAL BODY	[13.30] PUMP	[13.30] TOTAL BODY	[13.30] PUMP	[13.30] TOTAL BODY	[13.30] INDOOR CYCLING
	[13.40] FUNCTIONAL TR.	[13.25] INDOOR CYCLING	[13.40] FUNCTIONAL TR.	[13.25] INDOOR CYCLING	[13.40] FUNCTIONAL TR.	
	[13.50] ACQUAGYM	[13.40] POSTURAL TR.	[13.50] ACQUAGYM	[13.40] POSTURAL TR.	[13.50] ACQUAGYM	
14.00 - 15.00	[14.30] PILATES		[14.30] POSTURAL TR.		[14.30] PILATES	
16.00 - 17.00						[16.00] ACQUAGYM
17.00 - 18.00	[17.00] TOTAL BODY	[17.00] INDOOR WALK	[17.00] TOTAL BODY	[17.00] INDOOR WALK	[17.00] TOTAL BODY	[17.00] ACQUAGYM
	[17.15] PILATES	[17.30] TOTAL BODY	[17.15] POSTURAL TR.	[17.30] TOTAL BODY	[17.15] PILATES	legenda colori
	[17.30] INDOOR WALK	[17.45] PILATES	[17.30] INDOOR WALK	[17.45] PILATES	[17.30] INDOOR WALK	BODY & MIND
	[17.45] METABOLIC CIRC.		[17.45] FUNCTIONAL TR.		[17.45] METABOLIC CIRC.	
18.00 - 19.00	[18.30] INDOOR WALK	[18.00] INDOOR CYCLING	[18.30] INDOOR WALK	[18.00] INDOOR CYCLING	[18.30] INDOOR WALK	FITNESS & FUN
	[18.30] ACQUAGYM	[18.30] ACQUAGYM	[18.30] ACQUAGYM	[18.30] ACQUAGYM	[18.30] ACQUAGYM	
	[18.45] FUNCTIONAL TR.	[18.40] PUMP	[18.45] PUMP	[18.40] PUMP	[18.45] FUNCTIONAL TR.	SPORT & POWER
		[18.45] PILATES		[18.45] PILATES		
19.00 - 20.00	[19.00] TOTAL BODY	[19.00] INDOOR WALK	[19.00] TOTAL BODY	[19.00] INDOOR WALK	[19.00] TOTAL BODY	ACQUAFITNESS
	[19.15] YOGA FIT	[19.15] METABOLIC CIRC.	[19.15] YOGA FIT	[19.15] METABOLIC CIRC.	[19.15] YOGA FIT	
	[19.20] ACQUAGYM	[19.20] ACQUAGYM	[19.20] ACQUAGYM	[19.20] ACQUAGYM	[19.20] ACQUAGYM	
	[19.30] INDOOR CYCLING	[19.40] TOTAL BODY	[19.30] INDOOR CYCLING	[19.40] TOTAL BODY	[19.30] INDOOR CYCLING	INDOOR WALK
		[19.45] POSTURAL TR.		[19.45] POSTURAL TR.		INDOOR CYCLING
20.00 - 21.00	[20.00] PREPUGILISTICA		[20.00] PREPUGILISTICA		[20.00] PREPUGILISTICA	
	[20.10] HYDROBIKE	[20.10] ACQUAGYM	[20.10] HYDROBIKE	[20.10] ACQUAGYM	[20.10] HYDROBIKE	tutte le lezioni sono a prenotazione