

FASCE PLANNING CLASSI FITNESS E ACQUAFITNESS - valido dal 6/9/21

ORARIE	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA (dal 3/10)
07.00	[7.15] MO.TO.	[7.15] ALL.IN.	[7.15] FLE.PO.	[7.15] MO.TO.	[7.15] ALL.IN.		
08.00	[7.15] LMCore	[7.15] BODYBALANCE	[7.15] BODYPUMP	[7.15] LMCore	[7.15] BODYBALANCE		
	[7.15] INDOOR WALK	[7.15] INDOOR CYCLING	[7.15] INDOOR WALK	[7.15] INDOOR CYCLING	[7.15] INDOOR WALK		
08.00	[8.00] ACQUAGYM	[8.00] HYDROBIKE	[8.00] ACQUAGYM	[8.00] HYDROBIKE	[8.00] ACQUAGYM		
09.00	[8.15] BODYBALANCE	[8.15] BODYPUMP	[8.15] LMCore	[8.15] BODYBALANCE	[8.15] BODYPUMP		
	[8.15] INDOOR CYCLING	[8.30] EVERGREEN	[8.15] INDOOR CYCLING	[8.30] EVERGREEN	[8.15] INDOOR CYCLING		
	[8.30] EVERGREEN	[8.30] INDOOR WALK	[8.30] EVERGREEN	[8.30] INDOOR WALK	[8.30] EVERGREEN		
09.00	[09.00] HYDROBIKE	[9.00] ACQUAGYM	[09.00] HYDROBIKE	[9.00] ACQUAGYM	[09.00] HYDROBIKE	[09.15] HYDROBIKE	
10.00	[9.15] BODYPUMP	[9.15] LMCore	[9.15] BODYBALANCE	[9.15] BODYPUMP	[9.15] LMCore	[9.15] BODYPUMP	[9.15] BODYBALANCE
	[9.30] FLE.PO.	[9.30] FLE.PO.	[9.30] MO.TO.	[9.30] FLE.PO.	[9.30] FLE.PO.	[9.30] INDOOR CYCLING	
	[9.30] INDOOR WALK	[9.30] INDOOR CYCLING	[9.30] INDOOR WALK	[9.30] INDOOR CYCLING	[9.30] INDOOR WALK		
10.00	[10.00] ACQUAGYM	[10.00] ACQUAGYM	[10.00] ACQUAGYM	[10.00] ACQUAGYM	[10.00] ACQUAGYM	[10.15] ACQUAGYM	
11.00	[10.15] LMCore	[10.15] BODYBALANCE	[10.15] BODYPUMP	[10.15] LMCore	[10.15] BODYBALANCE	[10.15] LMCore	[10.15] BODYPUMP
	[10.30] INDOOR CYCLING	[10.45] INDOOR WALK	[10.30] INDOOR CYCLING	[10.45] INDOOR WALK	[10.30] INDOOR CYCLING	[10.30] FLE.PO.	
11.00	[11.00] ACQUAGYM	[11.00] HYDROBIKE	[11.00] ACQUAGYM	[11.00] HYDROBIKE	[11.00] ACQUAGYM	[11.00] INDOOR WALK	
12.00	[11.15] BODYBALANCE	[11.15] BODYPUMP	[11.15] LMCore	[11.15] BODYBALANCE	[11.15] BODYPUMP	[11.15] BODYBALANCE	[11.15] LMCore
	[11.45] INDOOR WALK	[11.45] INDOOR CYCLING	[11.45] INDOOR WALK	[11.45] INDOOR CYCLING	[11.45] INDOOR WALK	[11.15] ACQUAGYM	
						[11.30] MO.TO.	
12.00	[12.00] ACQUAGYM	[12.00] ACQUAGYM	[12.00] ACQUAGYM	[12.00] ACQUAGYM	[12.00] ACQUAGYM	[12.15] INDOOR WALK	
13.00	[12.15] BODYPUMP	[12.15] LMCore	[12.15] BODYBALANCE	[12.15] BODYPUMP	[12.15] LMCore	[12.15] BODYPUMP	[12.15] BODYBALANCE
	[12.30] FLE.PO.	[12.30] MO.TO.	[12.30] ALL.IN.	[12.30] FLE.PO.	[12.30] MO.TO.	[12.15] ACQUAGYM	
13.00	[13.00] ACQUAGYM	[13.00] ACQUAGYM	[13.00] ACQUAGYM	[13.00] ACQUAGYM	[13.00] ACQUAGYM	[13.15] HYDROBIKE	
14.00	[13.15] LMCore	[13.15] BODYBALANCE	[13.15] BODYPUMP	[13.15] LMCore	[13.15] BODYBALANCE	[13.15] LMCore	[13.15] BODYPUMP
	[13.30] MO.TO.	[13.30] ALL.IN.	[13.30] FLE.PO.	[13.30] MO.TO.	[13.30] ALL.IN.	[13.30] INDOOR CYCLING	
	[13.30] INDOOR WALK	[13.30] INDOOR CYCLING	[13.30] INDOOR WALK	[13.30] INDOOR CYCLING	[13.30] INDOOR WALK		
14.00	[14.00] ACQUAGYM	[14.00] ACQUAGYM	[14.00] ACQUAGYM	[14.00] ACQUAGYM	[14.00] ACQUAGYM	[14.15] ACQUAGYM	
15.00	[14.15] BODYBALANCE	[14.15] BODYPUMP	[14.15] LMCore	[14.15] BODYBALANCE	[14.15] BODYPUMP	[14.15] BODYBALANCE	[14.15] LMCore
	[14.30] ALL.IN.	[14.30] FLE.PO.	[14.30] MO.TO.	[14.30] ALL.IN.	[14.30] FLE.PO.		
	[14.45] INDOOR CYCLING	[14.45] INDOOR WALK	[14.45] INDOOR CYCLING	[14.45] INDOOR WALK	[14.45] INDOOR CYCLING		
15.00	[15.15] BODYPUMP	[15.15] LMCore	[15.15] BODYBALANCE	[15.15] BODYPUMP	[15.15] LMCore	[15.00] INDOOR WALK	[15.15] BODYBALANCE
16.00		[15.45] INDOOR CYCLING		[15.45] INDOOR CYCLING		[15.15] BODYPUMP	
16.00	[16.00] INDOOR WALK		[16.00] INDOOR WALK		[16.00] INDOOR WALK	[16.00] ACQUAGYM	
17.00	[16.15] LMCore	[16.15] BODYBALANCE	[16.15] BODYPUMP	[16.15] LMCore	[16.15] BODYBALANCE	[16.00] INDOOR CYCLING	[16.15] BODYPUMP
						[16.15] LMCore	
17.00	[17.00] INDOOR CYCLING	[17.00] INDOOR WALK	[17.00] INDOOR CYCLING	[17.00] INDOOR WALK	[17.00] INDOOR CYCLING	[17.15] HYDROBIKE	
18.00	[17.15] BODYBALANCE	[17.15] BODYPUMP	[17.15] LMCore	[17.15] BODYBALANCE	[17.15] BODYPUMP	[17.15] INDOOR WALK	[17.15] LMCore
	[17.30] MO.TO.	[17.30] ALL.IN.	[17.30] FLE.PO.	[17.30] MO.TO.	[17.30] ALL.IN.	[17.15] BODYBALANCE	
18.00	[18.15] INDOOR WALK	[18.15] INDOOR CYCLING	[18.15] INDOOR WALK	[18.15] INDOOR CYCLING	[18.15] INDOOR WALK	[18.15] BODYPUMP	
19.00	[18.15] BODYPUMP	[18.15] LMCore	[18.15] BODYBALANCE	[18.15] BODYPUMP	[18.15] LMCore	[18.15] INDOOR CYCLING	[18.15] BODYBALANCE
	[18.30] ALL.IN.	[18.30] FLE.PO.	[18.30] MO.TO.	[18.30] ALL.IN.	[18.30] FLE.PO.		
	[18.30] ACQUAGYM	[18.30] HYDROBIKE	[18.30] ACQUAGYM	[18.30] HYDROBIKE	[18.30] ACQUAGYM		
19.00	[19.15] INDOOR CYCLING	[19.15] INDOOR WALK	[19.15] INDOOR CYCLING	[19.15] INDOOR WALK	[19.15] INDOOR CYCLING		
20.00	[19.15] LMCore	[19.15] BODYBALANCE	[19.15] BODYPUMP	[19.15] LMCore	[19.15] BODYBALANCE		
	[19.30] FLE.PO.	[19.30] MO.TO.	[19.30] ALL.IN.	[19.30] FLE.PO.	[19.30] MO.TO.		
	[19.30] ACQUAGYM	[19.30] ACQUAGYM	[19.30] ACQUAGYM	[19.30] ACQUAGYM	[19.30] ACQUAGYM		
20.00	[20.15] BODYBALANCE	[20.15] BODYPUMP	[20.15] LMCore	[20.15] BODYBALANCE	[20.15] BODYPUMP		
21.00	[20.30] HYDROBIKE	[20.30] ACQUAGYM	[20.30] HYDROBIKE	[20.30] ACQUAGYM	[20.30] HYDROBIKE		
21.00	[21.15] BODYPUMP	[21.15] LMCore	[21.15] BODYBALANCE	[21.15] BODYPUMP	[21.15] LMCore		
22.00							

FITNESS & FUN
MO.TO. (Movimento e Tonificazione)
Bodypump
Evergreen

BODY & MIND
FLE.PO. (Flessibilità e Postura)
BODYBALANCE

SPORT & POWER
ALL.IN. (Allenamento Intenso)
LMCore

INDOOR WALK

INDOOR CYCLING

ACQUAGYM

HYDROBIKE