

FASCE PLANNING CLASSI FITNESS E ACQUAFITNESS - valido dal 07/02/2022

ORARIE	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA (dal 3/10)
07.00 08.00	[7.15] MO.TO. [7.15] LMCORE* [7.15] INDOOR WALK*	[7.10] BODYBALANCE* [7.15] INDOOR CYCLING*	[7.15] FLE.PO. [7.15] BODYPUMP* [7.15] INDOOR WALK*	[7.15] LMCORE* [7.15] INDOOR CYCLING*	[7.15] ALL.IN. [7.10] BODYBALANCE* [7.15] INDOOR WALK*		
08.00 09.00	[8.00] ACQUAGYM [8.10] BODYBALANCE* [8.15] INDOOR CYCLING* [8.30] EVERGREEN	[8.00] HYDROBIKE [8.15] BODYPUMP* [8.30] EVERGREEN [8.30] INDOOR WALK*	[8.00] ACQUAGYM [8.15] LMCORE* [8.15] INDOOR CYCLING* [8.30] EVERGREEN	[8.00] HYDROBIKE [8.10] BODYBALANCE* [8.30] EVERGREEN [8.30] INDOOR WALK*	[8.00] ACQUAGYM [8.15] BODYPUMP* [8.15] INDOOR CYCLING* [8.30] EVERGREEN		
09.00 10.00	[9.00] HYDROBIKE [9.15] BODYPUMP* [9.30] FLE.PO. [9.30] INDOOR WALK*	[9.00] ACQUAGYM [9.15] LMCORE* [9.30] FLE.PO. [9.30] INDOOR CYCLING*	[9.00] HYDROBIKE [9.10] BODYBALANCE* [9.30] MO.TO. [9.30] INDOOR WALK*	[9.00] ACQUAGYM [9.15] BODYPUMP* [9.30] FLE.PO. [9.30] INDOOR CYCLING*	[9.00] HYDROBIKE [9.15] LMCORE* [9.30] MO.TO. [9.30] INDOOR WALK*	[9.15] HYDROBIKE [9.15] BODYPUMP* [9.30] INDOOR CYCLING*	[9.10] BODYBALANCE* [9.15] INDOOR WALK*
10.00 11.00	[10.00] ACQUAGYM [10.15] LMCORE* [10.30] INDOOR CYCLING*	[10.00] ACQUAGYM [10.10] BODYBALANCE* [10.45] INDOOR WALK*	[10.00] ACQUAGYM [10.15] BODYPUMP* [10.30] INDOOR CYCLING*	[10.00] ACQUAGYM [10.15] LMCORE* [10.45] INDOOR WALK*	[10.00] ACQUAGYM [10.10] BODYBALANCE* [10.30] INDOOR CYCLING*	[10.15] ACQUAGYM [10.15] LMCORE* [10.30] FLE.PO.	[10.00] ACQUAGYM [10.15] BODYPUMP* [10.30] INDOOR CYCLING*
11.00 12.00	[11.00] ACQUAGYM [11.10] BODYBALANCE* [11.45] INDOOR WALK*	[11.00] HYDROBIKE [11.15] BODYPUMP* [11.45] INDOOR CYCLING*	[11.00] ACQUAGYM [11.15] LMCORE* [11.45] INDOOR WALK*	[11.00] HYDROBIKE [11.10] BODYBALANCE* [11.45] INDOOR CYCLING*	[11.00] ACQUAGYM [11.15] BODYPUMP* [11.45] INDOOR WALK*	[11.00] INDOOR WALK* [11.10] BODYBALANCE* [11.15] ACQUAGYM [11.30] MO.TO.	[11.00] ACQUAGYM [11.15] LMCORE*
12.00 13.00	[12.15] ACQUAGYM [12.15] BODYPUMP* [12.30] FLE.PO.	[12.15] ACQUAGYM [12.15] LMCORE* [12.30] MO.TO.	[12.15] ACQUAGYM [12.10] BODYBALANCE* [12.30] ALL.IN.	[12.15] ACQUAGYM [12.15] BODYPUMP* [12.30] FLE.PO.	[12.15] ACQUAGYM [12.15] LMCORE* [12.30] MO.TO.	[12.15] INDOOR WALK [12.15] BODYPUMP* [12.15] ACQUAGYM	[12.00] ACQUAGYM [11.45] INDOOR WALK* [12.10] BODYBALANCE*
13.00 14.00	[13.30] ACQUAGYM [13.15] LMCORE* [13.30] MO.TO. [13.30] INDOOR WALK	[13.30] ACQUAGYM [13.10] BODYBALANCE* [13.30] ALL.IN. [13.30] INDOOR CYCLING	[13.30] ACQUAGYM [13.15] BODYPUMP* [13.30] FLE.PO. [13.30] INDOOR WALK	[13.30] ACQUAGYM [13.15] LMCORE* [13.30] MO.TO. [13.30] INDOOR CYCLING	[13.30] ACQUAGYM [13.10] BODYBALANCE* [13.30] ALL.IN. [13.30] INDOOR WALK	[13.15] HYDROBIKE [13.15] LMCORE* [13.30] INDOOR CYCLING	[13.00] INDOOR CYCLING* [13.15] BODYPUMP*
14.00 15.00	[14.10] BODYBALANCE* [14.30] ALL.IN. [14.45] INDOOR CYCLING*	[14.15] BODYPUMP* [14.30] FLE.PO. [14.45] INDOOR WALK*	[14.15] LMCORE* [14.30] MO.TO. [14.45] INDOOR CYCLING*	[14.10] BODYBALANCE* [14.30] ALL.IN. [14.45] INDOOR WALK*	[14.15] BODYPUMP* [14.30] FLE.PO. [14.45] INDOOR CYCLING*	[14.10] BODYBALANCE* [14.30] FLE.PO.	[14.15] LMCORE* [14.30] INDOOR WALK*
15.00 16.00	[15.15] BODYPUMP* [16.00] INDOOR WALK* [16.15] LMCORE*	[15.15] LMCORE* [15.45] INDOOR CYCLING*	[15.10] BODYBALANCE* [16.00] INDOOR WALK* [16.15] BODYPUMP*	[15.15] BODYPUMP* [15.45] INDOOR CYCLING*	[15.15] LMCORE* [16.00] INDOOR WALK* [16.10] BODYBALANCE*	[15.00] INDOOR WALK* [15.15] BODYPUMP* [16.00] INDOOR CYCLING* [16.15] LMCORE*	[15.10] BODYBALANCE* [15.45] INDOOR CYCLING*
16.00 17.00	[17.00] INDOOR CYCLING* [17.10] BODYBALANCE* [17.30] MO.TO.	[17.00] INDOOR WALK* [17.15] BODYPUMP* [17.30] ALL.IN.	[17.00] INDOOR CYCLING* [17.15] LMCORE* [17.30] FLE.PO.	[17.00] INDOOR WALK* [17.10] BODYBALANCE* [17.30] MO.TO.	[17.00] INDOOR CYCLING* [17.15] BODYPUMP* [17.30] ALL.IN.	[17.15] INDOOR WALK* [17.10] BODYBALANCE* [16.15] LMCORE*	[17.00] INDOOR WALK* [17.15] LMCORE*
18.00 19.00	[18.15] INDOOR WALK [18.15] BODYPUMP* [18.30] ALL.IN. [18.30] ACQUAGYM	[18.15] INDOOR CYCLING [18.15] LMCORE* [18.30] FLE.PO. [18.30] HYDROBIKE	[18.15] INDOOR WALK [18.10] BODYBALANCE* [18.30] MO.TO. [18.30] ACQUAGYM	[18.15] INDOOR CYCLING [18.15] BODYPUMP* [18.30] ALL.IN. [18.30] HYDROBIKE	[18.15] INDOOR WALK [18.15] LMCORE* [18.30] FLE.PO. [18.30] ACQUAGYM	[18.15] BODYPUMP* [18.15] INDOOR CYCLING*	[18.10] BODYBALANCE* [18.15] INDOOR CYCLING*
19.00 20.00	[19.15] INDOOR CYCLING [19.15] LMCORE* [19.30] FLE.PO. [19.30] ACQUAGYM	[19.15] INDOOR WALK [19.15] LMCORE* [19.30] MO.TO. [19.30] ACQUAGYM	[19.15] INDOOR CYCLING [19.15] BODYPUMP* [19.30] ALL.IN. [19.30] ACQUAGYM	[19.15] INDOOR WALK [19.15] LMCORE* [19.30] FLE.PO. [19.30] ACQUAGYM	[19.15] INDOOR CYCLING [19.15] LMCORE* [19.30] MO.TO. [19.30] ACQUAGYM		
20.00 21.00	[20.10] BODYBALANCE* [20.30] HYDROBIKE [20.40] INDOOR WALK*	[20.15] BODYPUMP* [20.30] ACQUAGYM [20.40] INDOOR CYCLING*	[20.15] LMCORE* [20.30] HYDROBIKE [20.40] INDOOR WALK*	[20.10] BODYBALANCE* [20.30] ACQUAGYM [20.40] INDOOR CYCLING*	[20.15] BODYPUMP* [20.30] ACQUAGYM [20.40] INDOOR WALK*		
21.00 22.00	[21.15] BODYPUMP*	[21.15] LMCORE*	[21.10] BODYBALANCE*	[21.15] BODYPUMP*	[21.15] LMCORE*		

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

* SONO INDICATE CON UN
ASTERISCO LE LEZIONI SVOLTE
DAL Virtual Trainer