Sport Center — dal 4 al 17 settembre 2017

LUNEDI`

SALA 1	SALA 2	ACQUA
09:45-10:35 XTEMPO ENERGY (dall'11)	9:00-09:45 GINNASTICA DOLCE	8:30-9:15 AQUASOFT
	10:35-11:35 POSTURAL TRAINING	9:30-10:15 AQUAGYM
		10.30-11.15 AQUAALTA
13:15 -14:05 BODY CONDITIONING	13:00-13:55 INDOORCYCLE	12:45-13:30 HYDROBIKE
		13:35-14:20 METABOLIC WATER
		14:25-15:10 AQUAGYM
		17:30-18:15 AQUABIGCIRCUIT
18:25-19:10 TBF	18:15-19:10 INDOORCYCLE	18:25-19:10 METABOLIC WATER
19:15-20:00 XTEMPO ENERGY		19:15-20:00 AQUA CROSS
20:05-20:50 PILATES MAT		20:10-20:55 AQUAGYM
	19:15-20:00 FASST CIRCUIT (green)	

MARTEDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 AQUAALTA
10:30-11:15 TOTALBODY	09:30-10:30 PILATES MAT (dall'11)	9:35-10:20 AQUAGYM
		10:30-11:15 AQUATONE
13:15-14:05 PUMP	13:15-14:10 BALANCE	13:00-13:50 METABOLIC WATER
		14:00-14:50 AQUACOMBAT
18:25-19:15 GAG	18:05-18:50 PILATES MAT	18:35-19:20 AQUASTEP
19:20-20:15 ZUMBA	19:10-20:05 INDOORCYCLE	19:20-20:05 AQUAGYM
19:15- 20:00 FASST CIRCUIT (green)	20:15-21:00 FASST CLASS	20:10-20:55 HYDROBIKE

MERCOLEDI`

SALA 1	SALA 2	ACQUA
09:45-10:30 PUMP (dall'11)		08:45 -09:30 HYDROBIKE
10:35-11:25 ZUMBA		09. 45-10.30 METABOLIC WATER
		10:40-11:25 AQUAGYM
13:15-14:05 XTEMPO ENERGY	13:00-13:55 INDOORCYCLE	13:00-13:50 AQUAGYM
14:15 - 15:00 PILATES MAT (dall'11)		14:00-14:50 AQUASTEP
18:25-19:10 BODY TONE	18.15-19.00 GAG (dall'11)	17:30-18:15 AQUAGYM
	19:15-20:10 INDOOR CYCLE	18:25-19:10 AQUACOMBAT
20:05-20:55 XTEMPO P&M		19:15-20:00 AQUAGYM
	19:15- 20:00 FASST CIRCUIT (green)	20:05-20:50 AQUA CROSS

GIOVEDI`

SALA 1	SALA 2	ACQUA
		8:30-9:15 AQUASOFT
09:45-10:30 TOTALBODY	10:35-11:35 POSTURAL TRAINING (dall'11)	9:30-10:15 AQUAGYM
13:15-14:05 GAG	13:15-14:05 XTEMPO P&M	12:45-13:30 AQUADANCE (dal 14 aquaalta)
		13:35-14:20 BIKE&TONE
		14:25-15:10 AQUACROSS
		17:30-18:15 AQUACROSS
18.25-19.10 BODY TONE	18:20-19:15 INDOOR CYCLE	18:30-19:15 AQUAGYM
19:15-20:10 POSTURAL TRAINING	19:25-20:10 PUMP (mattia)	19:20-20:05 BYKE&TONE
20:15-21:00 FASST CLASS	19:15- 20:00 FASST CIRCUIT (green)	

VENERDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 AQUABIGCIRCUIT
09:30-10:30 PILATES MAT		
10:40-11.25 GAG		10:45-11:30 AQUADANCE
13:15-14:05 ZUMBA	13:15-14:00 FASST CIRCUIT (dall'11) (green)	12:45-13:30 AQUAGYM
		13,35-14,20 AQUABIGCIRCUIT
18:05-18:55 PILOGA		
19:00-19:50 TBF	19:00 -20,00 INDOORCYCLE	19.20-20:05 AQUAGYM

SABATO

SALA 1	SALA 2	ACQUA
11:05 -11:25 ULTRA ADDOME		
11:30-12:20 ZUMBA	11:00-12:00 INDOORCYCLE	11:40 -12:25 AQUAALTA (dal 16 ore 11:50-12:35)
13:00-14:00 PILATES		

DOMENICA

SALA 1	SALA 2	ACQUA
10:20 -10:40 ULTRA ADDOME		
10:45-11:30 JOLLY		09:45-10:30 JOLLY

NOTE:

orario apertura centro
feriali 07:30 23:00
sabato 08:00 21:00
domenica 08:00 19:00

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TUTTI I CORSI SONO A PRENOTAZIONE POTREBBERO SUBIRE MODIFICHE O SOSPENSIONI PER AFFLUENZA INFERIORE AL NUMERO MINIMO PREVISTO