



Sport Center

8 - 31 GENNAIO 2018

LUNEDI`			MARTEDI`			MERCOLEDI`			GIOVEDI`			VENERDI`			SABATO		
SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA
		8:30-9:15 AQUASOFT 🏊❤️			08:45-09:30 AQUAALTA 🏊❤️			08:45-09:30 HYDROBIKE 🏊❤️			8:30-9:15 AQUASOFT 🏊❤️			08:45-09:30 AQUAGYM 🏊❤️			
09:45-10:35 XTEMPO ENERGY 🏋️❤️	9:00-09:45 GINNASTICA DOLCE 🧘	9:30-10:15 AQUAGYM 🏊❤️		09:30-10:25 PILATES MAT 🧘	9:35-10:20 AQUAGYM 🏊❤️	09:45-10:30 PUMP 🏋️❤️		08:50-9:40 POSTURAL & YOGA 🧘	09:45-10:30 METABOLIC WATER 🏊❤️		9:30-10:15 AQUAGYM 🏊❤️	09:35-10:30 PILATES MAT 🧘🧘		10:45-11:30 AQUADANCE 🏊❤️	11:05-11:25 ULTRA ADDOME		
	10:35-11:35 POSTURAL TRAINING 🧘		10:30-11:15 TOTALBODY 🏋️🏋️		10:30-11:15 AQUATONE 🏊❤️				10:40-11:25 AQUAGYM 🏊❤️		10:35-11:35 POSTURAL TRAINING 🧘	10:40-11:25 GAG 🏋️🏋️			11:00-12:00 INDOORCYCLE 🏋️	11:50-12:35 AQUAALTA 🏊❤️	
	10.30-11.15 AQUAALTA 🏊❤️																
13:15-14:05 BODY CONDITIONING 🏋️❤️	13:00-13:55 INDOORCYCLE 🏋️	12:45-13:30 AQUABIGCIRCUIT 🏊❤️	13:15-14:05 PUMP 🏋️❤️	13:15-14:10 BALANCE 🧘	13:00-13:50 METABOLIC WATER 🏊❤️	13:15-14:05 XTEMPO ENERGY 🏋️❤️		13:00-13:55 INDOORCYCLE 🏋️	13:00-13:50 AQUAGYM 🏊❤️	13:15-14:05 GAG 🏋️🏋️	13:15-14:05 PILATES MAT 🧘	12:45-13:30 AQUAALTA 🏊❤️	13:15-14:05 ZUMBA 🏋️	13:15-14:00 FASST CLASS 🏋️🏋️	12:45-13:30 AQUAGYM 🏊❤️	13:00-14:00 PILATES MAT 🧘	
		13:35-14:20 METABOLIC WATER 🏊❤️			14:00-14:50 AQUAGYM 🏊❤️	14:15-15:00 PILATES MAT 🧘			14:00-14:50 AQUASTEP 🏊❤️			13:35-14:20 BIKE&TONE 🏋️🏋️		13:35-14:20 AQUABIGCIRCUIT 🏊❤️			
		14:25-15:10 AQUAGYM 🏊❤️										14:25-15:10 AQUACROSS 🏊❤️					
17:30-18:15 POSTURAL & STRETCH 🧘		17:30-18:15 AQUABIGCIRCUIT 🏊❤️				17:30-18:15 POSTURAL & STRETCH 🧘		18:15-19:00 GAG 🏋️🏋️	17:30-18:15 AQUAGYM 🏊❤️	17:30-18:20 TONE UP 🏋️		17:30-18:15 AQUACROSS 🏊❤️					
			17:30-18:20 TONE UP 🏋️	18:05-18:50 PILATES MAT 🧘	18:35-19:20 AQUASTEP 🏊❤️	18:25-19:10 BODY TONE 🏋️❤️		18:25-19:10 AQUACOMBAT 🏋️❤️	18:25-19:10 BODY TONE 🏋️🏋️	18:25-19:10 BODY TONE 🏋️🏋️		18:30-19:15 AQUAGYM 🏊❤️		18:30-19:15 AQUACROSS 🏊❤️			
18:20-19:05 TBF 🏋️❤️	18:15-19:10 INDOORCYCLE 🏋️	18:25-19:10 METABOLIC WATER 🏊❤️	18:25-19:15 GAG 🏋️🏋️	19:10-20:05 INDOORCYCLE 🏋️	19:20-20:05 AQUAGYM 🏊❤️	19:15-20:00 TOTAL BODY 🏋️🏋️		19:15-20:00 INDOOR CYCLE 🏋️	19:15-20:10 AQUAGYM 🏊❤️	19:15-20:10 POSTURAL TRAINING 🧘	18:20-19:15 INDOOR CYCLE 🏋️	18:00-18:55 PILOGA 🧘	19:00-20:00 INDOORCYCLE 🏋️	19:20-20:05 AQUAGYM 🏊❤️			
19:15-20:00 XTEMPO ENERGY 🏋️❤️	19:20-20:05 PUMP 🏋️	19:15-20:00 AQUA CROSS 🏊❤️	19:20-20:15 ZUMBA 🏋️	20:15-21:00 FASST CLASS 🏋️	20:10-20:55 HYDROBIKE 🏊❤️	20:05-20:55 PILATES MAT 🧘		20:20-21:05 THAI FIT 🏋️❤️	20:05-20:50 AQUABIGCIRCUIT 🏊❤️	20:15-21:00 FASST CLASS 🏋️	19:25-20:10 PUMP 🏋️	19:20-20:05 BYE&TONE 🏋️🏋️	19:00-19:50 TBF 🏋️❤️				
	20:05-20:50 PILATES MAT 🧘	20:10-20:55 AQUAGYM 🏊❤️	19:15-20:00 FASST CIRCUIT 🏋️🏋️														
	19:15-20:00 FASST CIRCUIT 🏋️❤️		green														
	green																

DOMENICA

SALA 1	SALA 2	ACQUA
10:20-10:40 ULTRA ADDOME		
	11:00-12:00 INDOORCYCLE 🏋️	09:45-10:30 JOLLY
10:45-11:30 JOLLY		

NOTE:



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feriali 07:30 23:00
sabato 08:00 21:00
domenica 08:00 19:00

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