

PLANNING CORSI: PISCINA - PALESTRA

LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ		
SALA 1	SALA 2	PISCINA	SALA 1	SALA 2	PISCINA	SALA 1	SALA 2	PISCINA	SALA 1	SALA 2	PISCINA	SALA 1	SALA 2	PISCINA
8.30 – 9.30 HATA YOGA Sara	8.45 – 9.30 PILATES DYNAMIC Sara C.	9.00 – 9.45 ACQUA SOFT Beppe		9.30 – 10.15 ANIMAL FLOW Matilda			8.45 – 9.30 PILATES DYNAMIC Sara C.	8.45 – 9.30 ACQUA SOFT Luca	9.00 – 10.00 HATA YOGA Sara			9.00 – 9.45 YOGA POSTURALE Sara	9.30 – 10.15 PILATES DOLCE SCHIENA Roby	
9.30 – 10.15 CRUNCH&STRETCH TIME Sara C.	10.00 – 10.45 TOTAL BODY WORKOUT Luana	10.00 – 10.45 ACQUAGYM Beppe		10.30 – 11.15 PILATES Roby		10.00 – 10.45 CIRCUIT TRAINING Alessandra	9.30 – 10.15 CRUNCH&STRETCH TIME Sara C.	9.45 – 10.30 HYDROBIKE Luca	10.00 – 10.45 PILATES Roby	10.00 – 10.45 TOTAL BODY WORKOUT Luana				10.00 – 10.45 ACQUAGYM Beppe
		11.00 – 11.45 ACQUAGYM Beppe		10.30 – 11.30 CIRCUIT TONE Antonella			10.30 – 11.30 BOOTCAMP Rossella				11.00 – 11.45 ACQUAGYM Simona		10.30 – 11.30 BOOTCAMP Rossella	
	12.45 – 13.30 FUNZIONALE Enrico	12.45 – 13.30 TOTAL BODY WATER Stefi		13.00 – 13.45 FUNZIONALE Enrico		12.45 – 13.45 YOGA Sara		12.45 – 13.30 HYDROBIKE Stefi		12.45 – 13.30 CIRCUIT TRAING Arianna			12.45 – 13.30 PILATES Matilda	12.45 – 13.30 ACQUATONE Luca
			18.00 – 18.45 TABATA TRAINING Matilda	18.00 – 19.00 JUDO* Corso esterno				18.15 – 19.00 TOTAL BODY WATER Stefi	18.00 – 18.30 TABATA TRAINING Matilda				18.00 – 19.00 JUDO* Corso esterno	
18.30 – 19.15 FUNZIONALE Matilda		18.30 – 19.15 ACQUA COMBAT Mattia	18.45 – 19.30 HATHA YOGA Sara	19.30 – 20.15 E-CORE Alessandra	18.30 – 19.15 ACQUAGYM Beppe	18.45 – 19.30 G.A.G. Elisa			18.30 – 19.15 PILATES Matilda	18.30 – 19.30 PUMP Alfonso	18.30 – 19.15 GYM BIKE Luca	18.30 – 19.15 G.A.G. Elisa		18.15 – 19.00 ACQUA STEP Mattia
19.15 – 20.00 PILATES MOBILITY Matilda	19.15 – 20.00 CIRCUIT TRAING Arianna	19.15 – 20.00 HYDROBIKE Mattia	19.30 – 20.30 YOGA APNEA Valentina		19.15 – 20.00 TABATA Beppe	19.30 – 20.15 PILATES Elisa	19.30 – 20.15 HIIT Mattia	19.00 – 19.45 GYM BIKE Stefi		19.30 – 20.30 FGC Alfonso	19.15 – 20.00 HYDROBIKE Luca	19.15 – 20.00 PILATES Elisa	19.00 – 20.00 HATHA YOGA Sara	19.00 – 19.45 ACQUA STEP Mattia
		20.00 – 20.45 GYM BIKE Mattia			20.00 – 20.45 ACQUAGYM Beppe			19.45 – 20.30 HYDROBIKE Stefi			20.00 – 20.45 HYDROBIKE Luca			19.45 – 20.30 ACQUA STEP Mattia
SABATO														
SALA 1	SALA 2	PISCINA												
		10.30 – 11.15 FUNZIONALE Mattia												
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