



CALENDARIO CORSI 2018 - 2019

(DAL 17/09 AL 09/06)

LUNEDÌ			
SALA 1	SALA 2	SALA 3	PISCINA
			9:00-9:45 Acquagym
10:00-10:50 Zumba		10:00-10:50 Pilates	
		12:45-13:45 Functional ⓧ	13:00-13:45 Acquagym
18:00-18:50 Zumba		17:00-17:50 Pilates	18:15-19:00 Hydro-Circuit ⓧ
19:00-19:50 Power Pump	19:00-19:50 Spinning ⓧ	18:00-18:50 Pilates	19:00-19:45 Acquagym
20:00-20:50 Insany-T	20:00-20:50 Spinning ⓧ	19:00-19:50 Pilates	19:45-20:30 Acquagym
		20:00-21:30 Boxe	20:30-21:15 Hydrowalk ⓧ

MARTEDÌ			
SALA 1	SALA 2	SALA 3	PISCINA
9:30-10:20 Power Pump			9:00-9:45 Hydrowalk ⓧ
10:30-11:20 Pilates			9:45-10:30 Hydrowalk ⓧ
13:00-13:50 Power Yoga			
18:30-19:20 Step	18:15-19:05 Spinning ⓧ	18:30-19:20 Functional ⓧ	18:15-19:00 Acquagym
19:30-20:20 Tone-Up	19:15-20:05 Spinning ⓧ	19:30-20:20 Functional ⓧ	19:00-19:45 Hydro-Circuit ⓧ
20:30-21:20 Zumba		20:30-22:00 MMA	19:45-20:30 Hydrowalk ⓧ

MERCOLEDÌ			
SALA 1	SALA 2	SALA 3	PISCINA
			9:00-9:45 Acquagym
10:00-10:50 Zumba			
		12:45-13:45 Functional ⓧ	13:00-13:50 Hydrowalk ⓧ
18:00-18:50 Zumba			17:30-18:15 Hydro-Circuit ⓧ
19:00-19:50 Power Pump	19:00-19:50 Spinning ⓧ	19:00-19:50 Functional ⓧ	19:00-19:45 Acquagym
20:00-20:50 Insany-T	20:00-20:50 Spinning ⓧ		19:45-20:30 Acquapole ⓧ

GIOVEDÌ			
SALA 1	SALA 2	SALA 3	PISCINA
			9:00-9:50 Acqua Dolce
10:00-10:50 Pilates			
13:00-13:50 Pilates			
17:45-18:40 Pilates			18:15-19:00 Hydro-Circuit ⓧ
18:45-19:35 Pilates	18:15-19:05 Spinning ⓧ	18:30-19:20 Functional ⓧ	19:00-19:45 Acquagym
	19:15-20:05 Spinning ⓧ	19:30-20:20 Functional ⓧ	19:45-20:30 Acquagym
20:00-20:50 Zumba		20:30-22:00 BOXE	20:30-21:15 Acquapole ⓧ

VENERDÌ			
SALA 1	SALA 2	SALA 3	PISCINA
8:30-9:20 Ginn. Dolce			9:00-9:45 Hydrowalk ⓧ
9:30-10:20 Tone-Up			9:45-10:30 Hydrowalk ⓧ
13:00-13:50 Power Yoga			13:00-13:45 Acquagym
			18:15-19:00 Acquagym
18:30-19:20 Step		18:30-19:20 Functional ⓧ	19:00-19:45 Hydro-Circuit ⓧ
19:30-20:20 Tone-Up			19:45-20:30 Hydrowalk ⓧ
		20:30-22:00 MMA	

SABATO	
SALA 2	PISCINA
	9:15-10:00 Acquagym
10:45-11:35 Spinning ⓧ	

LEGENDA:

ⓧ Corsi a prenotazione
(spinning, functional, thecorebar, polegym, hydrowalk)
Le lezioni si effettuano con un **minimo di 4 persone!**