

# ORARI CORSI 2022

## SALA CORSI - Mattino/Ora pranzo

<b>Lunedì</b>	
10.30/11.25.....	G.A.G
<b>Martedì</b>	
10.00/10.55.....	Tonificazione
13.00/13.55.....	Circuit training
<b>Mercoledì</b>	
9.00/9.55.....	yoga
10.00/10.55.....	Pilates
13.00/13.55.....	Tonificazione
<b>Giovedì</b>	
10.00/10.55.....	Posturale
<b>Venerdì</b>	
9.00/9.55.....	yoga
10.00/10.55.....	Tonificazione
13.00/13.55.....	Circuit training
<b>Sabato</b>	
10.30/11.25.....	pre Spartan

## Pomeriggio/Sera

### Lunedì

17.00/17.55.....	yoga
18.00/18.55.....	pre Spartan
19.00/19.55.....	Tabata
20.00/20.55.....	Jumping

<b>Martedì</b>	
17.00/17.55.....	Pilates
18.00/18.55.....	Circuit Training
19.00/19.55.....	Body Weight

<b>Mercoledì</b>	
17.00-17.55.....	Tonificazione
18.00/18.55.....	pre Spartan
19.00/19.55.....	Jumping

<b>Giovedì</b>	
17.00/17.55.....	Fit Ball
18.00/18.55.....	Pilates
19.00/19.55.....	Circuit Training

<b>Venerdì</b>	
17.00/17.55.....	Pilates
18.00/18.55.....	Jumping
19.00/19.55.....	TRX
20.00/20.55.....	Functional

## PISCINA - Mattino/Ora pranzo

<b>Lunedì</b>	
09.30 - 10.20.....	Acquafit
13.30 - 14.15.....	Idrobike
<b>Martedì</b>	
09.30 - 10.20.....	Acquacircuit
10.30 - 11.20.....	Acquafit
<b>Mercoledì</b>	
09.30 - 10.20.....	Acqua Gag
13.30 - 14.20.....	Acquafight
<b>Giovedì</b>	
09.30 - 10.20.....	Acquastep
10.30 - 11.20.....	Acquawalking
13.30 - 14.15.....	Idrobike
<b>Venerdì</b>	
09.30 - 10.20.....	Acqua Bag
13.30 - 14.15.....	Idrobike
<b>Sabato</b>	
9.30-10.20.....	Acquatabata

## Pomeriggio/Sera

<b>Lunedì</b>	
17.30 - 18.15.....	Idrobike
18.30 - 19.15.....	Idrobike
19.30 - 20.20.....	Acqua Gag
20.30 - 21.20.....	Acquastep

<b>Martedì</b>	
17.30-18.20.....	Acqua Bag
18-30-19.20.....	Acquafit
19.30-20.20.....	Acquatabata
20.30-21.20.....	Acquawalking

<b>Mercoledì</b>	
17.30-18.15.....	Idrobike
18.30-19.15.....	Idrobike
19.30-20.20.....	Acquacircuit
20.30-21.20.....	Acquastep

<b>Giovedì</b>	
17.30 - 18.20.....	Acqua Fit
18.30 - 19.20.....	Acquawalking
19.30- 20.15.....	Idrobike
20.30 - 21.15.....	

<b>Venerdì</b>	
17.30-18.20.....	AcquaGag
18.30-19.20.....	Acquastep
19.30-20.20.....	Acquatabata
20.30-21.20.....	Acquafit