

# ORARI CORSI 2023

## SALA CORSI - Mattino/Ora pranzo

<b>Lunedì</b>	
10.30/11.25.....	G.A.G
<b>Martedì</b>	
9.15/10.10 .....	Posturale
10.15/11.10 .....	Tonificazione
13.00/13.55.....	Circuit training
<b>Mercoledì</b>	
9.15/10.10 .....	Yoga
10.15/11.10.....	Pilates
13.00/13.55.....	Tonificazione
<b>Giovedì</b>	
10.00/10.55.....	Posturale
<b>Venerdì</b>	
9.15/10.10.....	Yoga
10.15/11.10.....	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
20:00/20:55.....	Yoga
<b>Venerdì</b>	
17.00/17.55.....	Pilates
18.00/18.55.....	Jumping
19.00/19.55.....	TRX

## 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**

### **Lunedì**

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