

# ORARI CORSI 2023

## SALA CORSI - Mattino/Ora pranzo

<b>Lunedì</b>	
10.30/11.25.....	Tonificazione
13.00/13.55.....	Metabolic
<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 soft
10.15/11.10.....	Pilates
13.00/13.55.....	Gag
<b>Giovedì</b>	
10.00/10.55.....	Posturale
13.00/13.55.....	Metabolic
<b>Venerdì</b>	
9.15/10.10.....	Yoga soft
10.15/11.10.....	Tonificazione
13.00/13.55.....	Circuit training
<b>Sabato</b>	
10.30/11.25.....	Strong Flow

## Pomeriggio/Sera

<b>Lunedì</b>	
17.00/17.55.....	Yoga Power
18.00/18.55.....	Strong Flow
19.00/19.55.....	Tabata
20.00/20.55.....	Jumping
<b>Martedì</b>	
17.00/17.55.....	Pilates
18.00/18.55.....	Tabata
19.00/19.55.....	Functional
<b>Mercoledì</b>	
17.00-17.55.....	Tonificazione
18.00/18.55.....	Strong Flow
19.00/19.55.....	Jumping
20.00-20.55.....	Jumping Hit
<b>Giovedì</b>	
17.00/17.55.....	Trx
18.00/18.55.....	Pilates
19.00/19.55.....	Functional
20:00/20:55.....	Yoga Power
<b>Venerdì</b>	
17.00/17.55.....	Pilates
18.00/18.55.....	
19.00/19.55.....	

## PISCINA - Mattino/Ora pranzo

<b>Lunedì</b>	
09.30 - 10.20.....	Acquafit
10.30 - 11.20.....	Acqua Program
13.30 - 14.15.....	Idrobike
<b>Martedì</b>	
09.30 - 10.20.....	Acquacircuit
10.30 - 11.20.....	Acquafit
13.30 - 14.20.....	Acquatabata
<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.....	Acquacircuit
13.30 - 14.15.....	Idrobike
<b>Venerdì</b>	
09.30 - 10.20.....	Acqua Bag
10.30 - 11.20.....	Acqua Program
13.30 - 14.15.....	Idrobike
<b>Sabato</b>	
9.30-10.20.....	Acquatabata
10.30-11.20.....	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.....	Acquatabata
19.30 - 20.20.....	Acquafit
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 Program
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.....	Acqua Program
19.30-20.20.....	AcquaFit
20.30-21.20.....	