

# ORARI CORSI 2024

## 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..... | Posturale     |
| 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   |
| 11.30- 12.30.....  | Acquafit      |

## Pomeriggio/Sera

|                    |                |
|--------------------|----------------|
| <b>Lunedì</b>      |                |
| 17.30 - 18.15..... | Idrobike       |
| 18.30 - 19.15..... | Idrobike       |
| 19.30 - 20.20..... | Acqua Gag      |
| <b>Martedì</b>     |                |
| 16.00- 16.50.....  | Acqua Programm |
| 17.30 -18.20.....  | Acqua Bag      |
| 18-30-19.20.....   | Acquatabata    |
| 19.30 -20.20.....  | Acquafit       |
| <b>Mercoledì</b>   |                |
| 17.30 -18.15.....  | Idrobike       |
| 18.30-19.15.....   | Idrobike       |
| 19.30-20.20.....   | Acquacircuit   |
| <b>Giovedì</b>     |                |
| 17.30 - 18.20..... | Acqua Program  |
| 18.30 - 19.20..... | Acquawalking   |
| 19.30- 20.15.....  | Idrobike       |
| <b>Venerdì</b>     |                |
| 17.30-18.20.....   | AcquaGag       |
| 18.30-19.20.....   | Acqua Program  |
| 19.30-20.20.....   | AcquaFit       |