

ORARI CORSI 2024

SALA CORSI - Mattino/Ora pranzo

Lunedì

10.30/11.25.....Tonificazione
11.30/12.25..... Slow Core Training
13.00/13.55..... Metabolic

Martedì

9.15/10.10Posturale
10.15/11.10Tonificazione
13.00/13.55.....Circuit training

Mercoledì

9.15/10.10Posturale
10.15/11.10.....Slow Core Training
13.00/13.55.....Gag

Giovedì

10.00/10.55.....Posturale
13.00/13.55.....Metabolic

Venerdì

9.15/10.10..... Posturale
10.15/11.10.....Tonificazione
13.00/13.55.....Yoga Soft

Sabato

10.00/10.55.....
11.00/11.55.....

Pomeriggio/Sera

Lunedì

17.00/17.55.....Yoga Power
18.00/18.55.....Strong Flow
19.00/19.55..... Tabata
20.00/20.55.....Jumping

Martedì

17.00/17.55Pilates
18.00/18.55.....Tabata
19.00/19.55.....Functional
20.00/20:55.....

Mercoledì

17.00-17.55..... Yoga Power
18.00/18.55.....Strong Flow
19.00/19.55.....Jumping
20.00/20.55.....Jumping Hit

Giovedì

17.00/17.55Trx
18.00/18.55.....Pilates
19.00/19.55.....Functional
20.00/20.55.....Yoga Power

Venerdì

17.00/17.55.....Pilates
18.00/18.55.....Posturale
19.00/19.55.....

PISCINA - Mattino/Ora pranzo

Lunedì

09.30/10.20.....AcquaFit
10.30/11.20.....AcquaProgram
13.30/14.15.....Idrobike

Martedì

09.30/10.20.....AcquaCircuit
10.30 /11.20.....AcquaFit
13.30 /14.20.....AcquaTabata

Mercoledì

09.30/10.20.....AcquaGag
13.30/14.20.....AcquaFight

Giovedì

09.30/10.20.....AcquaStep
10.30/11.20.....AcquaCircuit
13.30/14.15.....Idrobike

Venerdì

09.30/10.20.....AcquaBag
10.30/11.20.....AcquaProgram
13.30/14.15.....Idrobike

Sabato

9.30-10.20AcquaTabata
10.30-11.20.....AcquaFit

Pomeriggio/Sera

Lunedì

17.30/18.15.....Idrobike
18.30/19.15.....Idrobike
19.30/20.20.....AcquaGag

Martedì

16.00/16.50.....Acqua Program
17.30/18.20.....AcquaBag
18.30/19.20.....AcquaTabata
19.30/20.20AcquaFit

Mercoledì

17.30/18.15.....Idrobike
18.30/19.15.....Idrobike
19.30/20.20.....AcquaCircuit

Giovedì

17.30/18.20AcquaProgram
18.30 /19.20.....AcquaWalking
19.30/20.15.....Idrobike

Venerdì

17.30/18.20.....AcquaProgram
18.30/19.20.....AcquaStep
19.30/20.20.....AcquaFit