

# 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

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

### Mercoledì

9.15/10.10 .....Posturale  
 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..... Gag  
 13.00/13.55.....Tonificazione

### Sabato

10.00/10.55..... Iron Body  
 11.00/11.55.....Functional

## Pomeriggio/Sera

### Lunedì

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

### Martedì

17.00/17.55 .....Pilates  
 18.00/18.55.....Tabata  
 19.00/19.55.....Functional  
 20.00/20.55.....Self Difence

### Mercoledì

17.00-17.55.....Tonificazione  
 18.00/18.55..... Hiit  
 19.00/19.55.....Jumping  
 20.00/20.55.....Jumping Hit

### Giovedì

17.00/17.55 .....Trx  
 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..... Self Difence

## 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

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

## Pomeriggio/Sera

### Lunedì

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

### Martedì

16.30/17.20.....Acqua Program  
 17.30/18.20.....AcquaBag  
 18.30/19.20.....AcquaTabata  
 19.30/20.20 .....AcquaFit

### Mercoledì

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

### Giovedì

17.30/18.20 .....AcquaProgram  
 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