

ORA	LUNEDI'	ORA	MARTEDI'	ORA	MERCOLEDI'	ORA	GIOVEDI'	ORA	VENERDI'	ORA	SABATO	ORA	DOMENICA
8,00 8,45	STEP	8,00 8,45	TAPIS	8,00 8,45	ACQUA BASSA	8,00 8,45	ACQUA BASSA	8,00 8,45	TAPIS	8,00 8,45	TAPIS		
9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:45	AQUAGYM	9:00 9:30	GAG		
9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9:45 10:30	AQUABENESSERE	9,30 10,00	WORK UP		
10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:30 11:15	AQUAGYM	10:00 10,30	360° CIRCUIT	10,00 10,45	AQUAGYM
										10,30 11,00	TABATA	11,00 11,45	ACQUA BASSA
										11,00 11,30	TONIC		
12:30 13:00	ENERGY	12:15 13:00	TAPIS	12:30 13:00	CARDIO	12:15 13:00	TAPIS	12:30 13:00	TABATA	12:15 13:00	TAPIS		
13:00 13:30	360° CIRCUIT	13:00 13:30	TABATA	13:00 13:30	GAG	13:00 13:30	ENERGY	13:00 13:30	TONIC	13:00 14:00	AQUAGYM		
13:30 14:00	WORK UP	13:30 14:00	COMBACT	13:30 14:00	TABATA	13:30 14:00	360° CIRCUIT	13:30 14:00	ENERGY				
14:00 14:45	TAPIS	14:00 14:30	360° CIRCUIT	14:00 14:45	TAPIS	14:00 14:30	CARDIO	14:00 14:45	TAPIS				
14,45 15,30	TAPIS	14,30 15,15	TAPIS	14,45 15,30	TAPIS	14,30 15,15	STEP	14,45 15,30	ACQUA BASSA				
16:30 17:00	GAG			16:30 17:00	COMBACT			16:30 17:00	360° CIRCUIT				
17:00 17:30	CARDIO			17:00 17:30	ENERGY			17:00 17:30	WORK UP				
17:30 18:00	WORK UP			17:30 18:00	TABATA			17:30 18:00	GAG				
18:00 18:30	ENERGY	18,00	ACQUAGYM	18:00 18:30	360 CIRCUIT	18:00	ACQUAGYM	18:00 18:30	CARDIO				
18:30 19:00	TABATA	18,45		18:30 19:00	CARDIO	18:45		18:30 19:00	TONIC				
19:00 19:30	COMBACT	18,45 19,30	ACQUAGYM	19:00 19:30	GAG	18,45 19,30	ACQUAGYM	19:00 19:30	360 CIRCUIT				
19,30 20,15	TAPIS	19,30 20,15	TAPIS	19,30 20,15	ACQUA BASSA	19,30 20,15	TAPIS	19,30 20,15	ACQUA BASSA				



LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
ORA	Palestrone	ORA	Palestrone	ORA	Palestrone	ORA	Palestrone	ORA	Palestrone
06:30-9:30		06:30-9:30		06:30-9:30		06:30-9:30		06:30-9:30	
9:30-10:00	PILASTRETCH	9:30-10:00	DOLCE	9:30-10:00	BRACCIA-ADDOME	9:30-10:00	PILASTRETCH	9:30-10:00	GAG
10:00-10:30	DOLCE	10:00-10:30	PILASTRETCH	10:00-10:30	GAG	10:00-10:30	DOLCE	10:00-10:30	BRACCIA-ADDOME
10:30-12:30		10:30-12:30		10:30-13:00		10:30-12:30		10:30-13	
13:00-13:45	HIIT	13:00-13:45	CIRCUITO	13-13:45	PILASTRETCH	12.45-13.30	FITBOXE	13-13:45	GAG
						13.30-14.00	YOGA PILATES		
13:30-17:15		13:30-17:15		13:45-17:15		13:30-17:15		13:45-17:15	
17:00-17:45	ZUMBA	17:15-18:00	PILASTRETCH	17:00-18:00	ZUMBA	17:00-17:30	CIRCUITO	17:00-18:00	ZUMBA
17:45-18:30	ZUMBA					17.30-18.15	YOGA PILATES		
18:30-19:00	CIRCUITO	18:00-18:45	HIIT	18:00-18:45	TABATA	18.15-19.00	GAG	18:00-19:00	STEP

