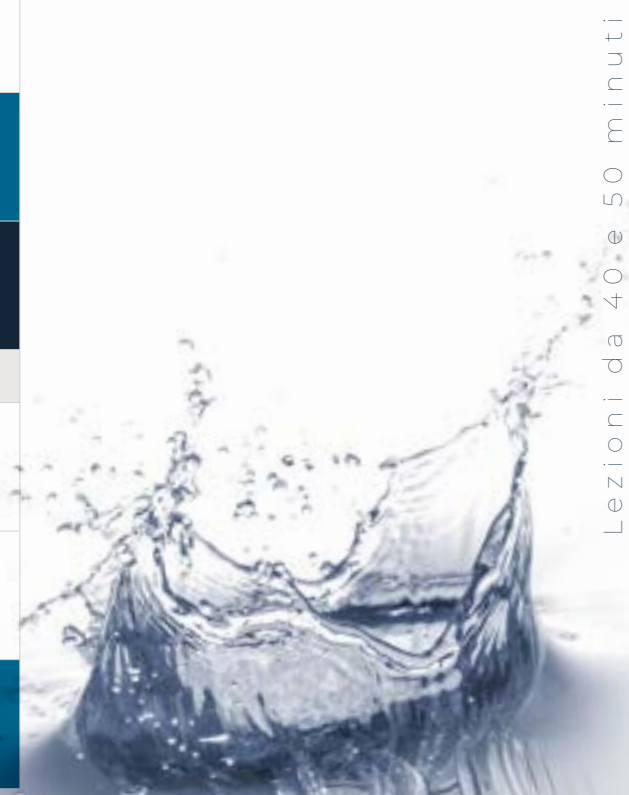


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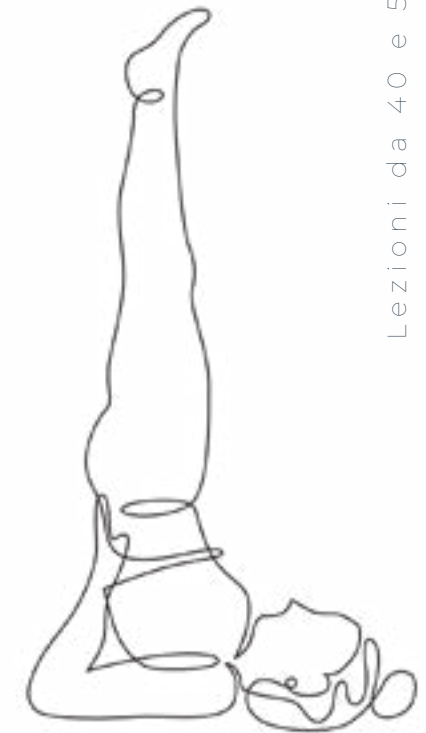
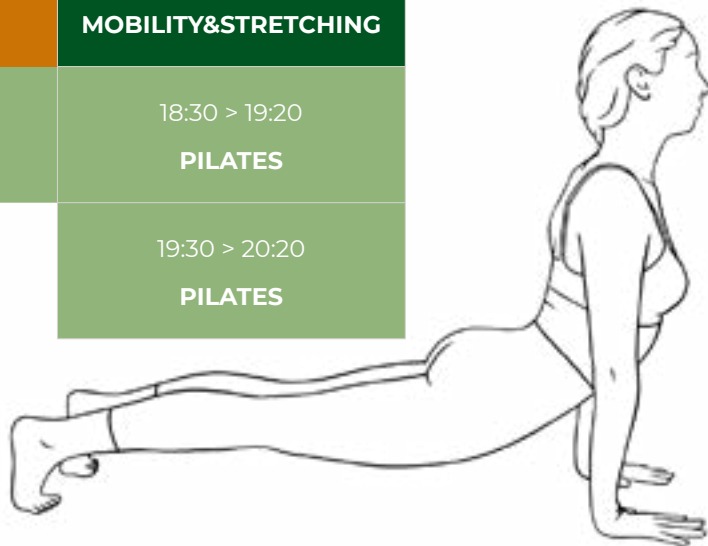
LUNEDÌ		MARTEDÌ	MERCOLEDÌ		GIOVEDÌ	VENERDI	SABATO	DOMENICA
MATTINA								
			07:15 > 07:55 <b>AcquaALTA</b>					
08:45 > 09:25 <b>AcquaALTA</b>		08:45 > 09:25 <b>AcquaALTA</b>	08:45 > 09:25 <b>BIKE</b>		08:45 > 09:25 <b>AcquaALTA</b>	08:45 > 09:25 <b>AcquaALTA</b>	08:45 > 09:25 <b>BIKE</b>	08:45 > 09:25 <b>AcquaMIX</b>
09:35 > 10:15 <b>BIKE</b>	09:35 > 10:15 <b>AEROBIC water(alta)</b>	09:35 > 10:15 <b>AcquaMIX</b>	09:35 > 10:15 <b>BIKE</b>	09:35 > 10:15 <b>AcquaALTA</b>	09:35 > 10:15 <b>AcquaMIX</b>	09:35 > 10:15 <b>BIKE</b>	09:35 > 10:15 <b>BIKE</b>	09:35 > 10:15 <b>BIKE</b>
10:25 > 11:05 <b>BIKE</b>		10:25 > 11:05 <b>AcquaPOSTURAL</b>	10:25 > 11:05 <b>AcquaALTA</b>		10:25 > 11:05 <b>BIKE</b>	10:25 > 11:05 <b>AcquaALTA</b>	10:25 > 11:05 <b>AcquaALTA</b>	10:25 > 11:05 <b>AcquaALTA</b>
PAUSA PRANZO								
		12:40 > 13:20 <b>BIKE</b>						
13:30 > 14:10 <b>BIKE</b>		13:30 > 14:10 <b>AcquaMIX</b>	13:30 > 14:10 <b>BIKE</b>		13:30 > 14:10 <b>AcquaMIX</b>	13:30 > 14:10 <b>BIKE</b>		
14:20 > 15:00 <b>AEROBICwater (alta)</b>		14:20 > 15:00 <b>BIKE</b>	14:20 > 15:00 <b>AcquaGO (alta)</b>		14:20 > 15:00 <b>BIKE</b>	14:20 > 15:00 <b>AcquaMIX</b>		
sera								
18:15 > 18:55 <b>BIKE</b>		18:15 > 18:55 <b>BIKE</b>	18:15 > 18:55 <b>BIKE</b>		18:15 > 18:55 <b>BIKE</b>			
19:05 > 19:45 <b>AcquaALTA</b>	19:05 > 19:45 <b>AcquaBASSA</b>	19:05 > 19:45 <b>BIKE</b>	19:05 > 19:45 <b>BIKE</b>		19:05 > 19:45 <b>AcquaALTA</b>			
19:55 > 20:35 <b>AcquaCOMBAT</b>		19:55 > 20:35 <b>AcquaMIX</b>	19:55 > 20:35 <b>AcquaGO (alta)</b>		19:55 > 20:35 <b>AcquaMIX</b>	19:55 > 20:35 <b>BIKE</b>		



Lezioni da 40 e 50 minuti

DA MARZO 2025

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDI	SABATO
MATTINA					
07:10 > 08:00 <b>YOGA</b>					
		08:10 > 09:00 <b>POSTURAL PILATES</b>	09:45 > 10:35 <b>YOGA</b>		
11:10 > 12:00 <b>GINNASTICA POSTURALE</b>				10:30 > 11:20 <b>PILATES</b>	11:15 > 11:55 <b>FUNCTIONAL TRAINING</b>
PAUSA PRANZO					
		12:30 > 13:20 <b>PILATES</b>			
SERA					
16:35 > 17:15 <b>MOBILITY&amp;STRETCHING</b>			16:35 > 17:15 <b>PILATES</b>		
17:25 > 18:05 <b>TONE UP</b>	17:30 > 18:20 <b>MOBILITY&amp;STRETCHING</b>		17:25 > 18:05 <b>FIT DANCE</b>		
18:15 > 18:55 <b>PILATES</b>	18:30 > 19:20 <b>PILATES</b>		18:30 > 19:20 <b>PILATES</b>		
	19:30 > 20:20 <b>PILATES</b>		19:30 > 20:20 <b>PILATES</b>		



Lezioni da 40 e 50 minuti