

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>				12:40 > 13:20 <b>AcquaALTA</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>Acqua BASSA</b>	19:05 > 19:45 <b>AcquaALTA</b>	19:05 > 19:45 <b>BIKE</b>	19:05 > 19:45 <b>BIKE</b>		19:05 > 19:45 <b>AcquaALTA</b>							
*20:15 > 20:40 <b>CrossBoxing TERRA + BIKE</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>					



**24/25 Dal 1° di settembre Lezioni da 40 minuti**

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDI	SABATO
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mattina

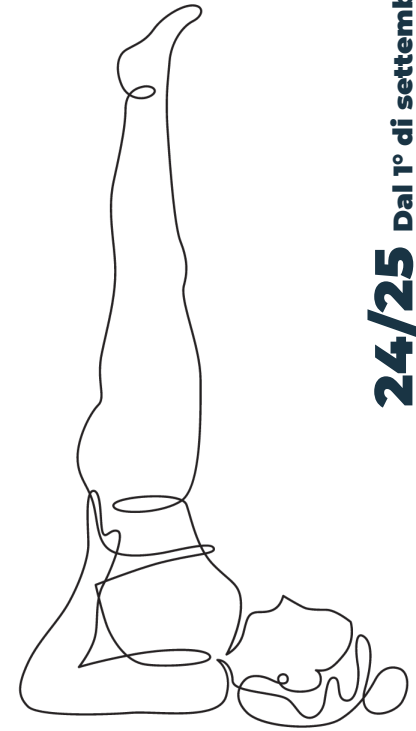
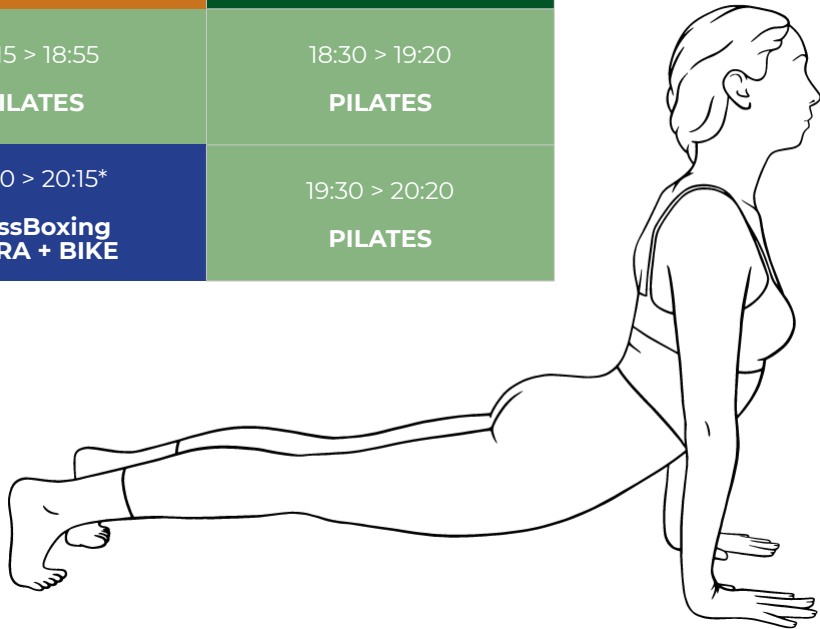
		08:10 > 09:00 <b>POSTURAL PILATES</b>		10:30 > 11:20 <b>PILATES</b>	11:15 > 11:55 <b>FUNCTIONAL TRAINING</b>
11:10 > 12:00 <b>GINNASTICA POSTURALE</b>					

pausa pranzo

		12:30 > 13:20 <b>PILATES</b>			
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sera

16:35 > 17:15 <b>FIT DANCE</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>FUNCTIONAL TRAINING</b>
19:50 > 20:15* <b>CrossBoxing TERRA + BIKE</b>	19:30 > 20:20 <b>PILATES</b>		19:30 > 20:20 <b>PILATES</b>



Lezioni da 40 e 50 minuti

**24/25** Dal 1° di settembre



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