

CORSI FITNESS TERRA ACQUA

Stagione Sportiva 2020/21 dal 31/08/2020

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
	TERRA	ACQUA	TERRA	ACQUA	TERRA	ACQUA	TERRA	ACQUA	TERRA	ACQUA	TERRA	ACQUA
M A T T I N O	IN POSTURALE		IN-PILATES	IN-ACQUA GYM		IN-ACQUA GYM	IN-GYM DOLCE		IN-PILATES	IN-ACQUA GYM	IN-FLEX	
	09:00-9:50		10:00-10:50	9:00-9:45		9:00-9:45	09:00-9:50		09:40-10:30	9:00-9:45	09:40-10:30	
	IN-TOTAL BODY						IN-TOTAL BODY				IN-SPINNING	
	09:50-10:40						09:50-10:40				10:40-11:30	
	IN-fitnessYOGA						IN-STETCHING DEI MERIDIANI					IN-ACQUA GYM
						10:45-11:35					11:15-12:00	
	IN-BALLI	IN-ACQUA GYM	IN-PILATES	IN-ACQUA GYM	IN-STETCHING DEI MERIDIANI	IN-ACQUA GYM	IN-SPINNING	IN-ACQUA GYM	IN-ABDOMINAL CROSS	IN-HIDROBIKE		
	12:45-13:35	12:45-13:45	12:45-13:35	12:45-13:45	12:45-13:35	12:45-13:45	12:45-13:35	12:45-13:45	12:45-13:35	12:45-13:30		
		IN-ACQUA GYM				IN-ACQUA GYM				IN-PREPARTO	DOMENICA	
		16:15-17:00				16:15-17:00				18:30-19:15	TERRA	ACQUA
	IN-CARDIO	IN-ACQUAGYM	ABS Pump	IN-ACQUA GYM TONUS	IN-FITNESS YOGA	IN-ACQUA CIRCUIT FITNESS	IN-STEP	IN-ACQUA GYM	IN-ABDOMINAL	IN-HIDROBIKE	10,00/1050	
	18:30-19:20	18:30-19:15	18:15-19:05	19:00-19:45	18:15-19:10	18:30-19:15	18:30-19:20	19:00-19:45	18:10-18:40	18:30-19:15	IN -movement	
	IN FUNZIONALE/TRX	IN-ACQUA G.A.G.	IN-CARDIOBOX	IN-ACQUA G.A.G.	IN-PILATES	IN-ACQUA GYM TONUS	IN BALLI	IN-ACQUA MOVEMENT	IN-CARDIO	IN-ACQUA STEP		
	19:20-20:10	19:15-20:00	19:05-19:55	19:45-20:15	19:10-20:00	19:15-20:00	19:20-20:10	19:45-20:30	18:40-19:30	19:15-20:00		
	IN-SPINNING		IN CROSS		IN-ABDOMINAL	IN-HIDROBIKE	IN GAG		IN-PILATES			
	20:20-21:10		20:00-20:30		20:00-20:30	20:00-20:45	20:10-21:00		19:35-20:25			
					IN-SPINNING							
					20:45-21:35							