CORSI FITNESS AQUA&TERRA

*Stagione Sportiva 2019/20 dal **03/06/2020** al **02/08/20***

	LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO	
	TERRA		ACQUA	TERRA		ACQUA	TERRA		ACQUA	TERRA		ACQUA	TERRA		ACQUA	TERRA	ACQUA
	Sala Specchi	Sala Esterna		Sala Specchi	Sala Esterna		Sala Specchi	Sala Esterna		Sala Specchi	Sala Esterna		Sala Specchi	Sala Esterna		Sala Specchi	
MATTINO	in·POWER FIT 10:00-10:50			in·POSTURAL 10:00-10:50			in·PILATES 10:00-10:50			in·POWER FIT 10:00-10:50			in·POSTURAL 10:00-10:50			in·DANCE-FIT 09:30-10:20	
																in·YOGA 10:20-11:20	
	in·PILATES 12:45-13:30		in·AQUAGYM 12:45-13:30	in·BODY WORKOUT 12:45-13:30		in·AQUAGYM 13:00-13:45	in·CIRCUIT TRAINING 12:45-13:30			in·PILATES 12:45-13:30		in·AQUAGYM 12:45-13:30	in·BODY WORKOUT 12:45-13:30		in·AQUAGYM 13:00-13:45		
SERA	in·CARDIOBOXE 18:10-19:00						in·FUSION 18:10-19:00			in·PILATES 18:10-19:00						DOMENICA	
			in·AQUAGYM 18:30-19:15	in·ZUMBA 18:30-19:20		in·AQUAGYM 18:30-19:15	in·DANCE-FIT 19:00-19:50						in·TOTAL BODY 18:30-19:20		in·HYDROBIKE 18:30-19:15	TERRA	ACQUA
	in·POWER FIT 19:10-20:00			in·TOTAL BODY 19:30-20:20		in·HYDROBIKE 19:15-20:00			in·AQUAGYM 19:15-20:00	in·STEP 19:10-20:00		in·AQUAGYM 18:30-19:15					in·AQUAGYM 10:30-11:15
	in·POSTURAL 20:10-21:00						in·YOGA 20:00-21:00			in·POSTURAL 20:10-21:00		in·HYDROBIKE 19:15-20:00	in·ZUMBA 19:30-20:20				