

TERRA					
LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
TRAINING CIRCUIT 07:10-08:10		TRAINING CIRCUIT 07:10-08:10		TRAINING CIRCUIT 07:10-08:10	
		POSTURALFIT 08:10-09:00			
ARMO & POST 8:45-9:35	MOBILITY 09:00-10:00	FUNZIONALE 09:00-10:00	MOBILITY 09:00-10:00	ARMO & POST 8:45-9:35	FUNZIONALE 09:00-10:00
TOTALBODY 9:00-10:00	METABOLIC W. 09:00-10:00	FITBALL 09:00-10:00	METABOLIC W. 09:00-10:00	BODY WEIGHT 09:00-10:00	PILAFIT 09:10-10:10
PILAFIT 10:00-11:00	POSTURALFIT 10:00-11:00	POWER GLUTES 10:00-11:00	POSTURALFIT 10:00-11:00	PILAFIT 10:00-11:00	TOTALBODY 10:10-11:10
WBS 11:00-11:50				WBS 11:00-11:50	SUPERJUMP 12:10-13:10
TOTALBODY 13:40-14:40		PUMP 13:40-14:40		TOTALBODY 13:40-14:40	
	PILAFIT 16:00-17:00		PILAFIT 16:00-17:00		
TOTALBODY 17:00-18:00	ZUMBA FIT 17:00-18:00	TOTALBODY 17:00-18:00	ZUMBA FIT 17:00-18:00	TOTALBODY 17:00-18:00	
POSTURAL-PILAFIT 17:00-18:00	YOPIDA 17:00-18:00	POSTURAL-PILAFIT 17:20-18:10	YOPIDA 17:00-18:00	POSTURAL-PILAFIT 17:00-18:00	
FUNZIONALE 18:10-19:10	PUMPBLAST 18:00-18:50	FUNZIONALE 18:10-19:10	PUMPBLAST 18:00-18:50	FUNZIONALE 18:10-19:10	
EGOYOGA 18:30-19:30	FITBALL 18:10-19:10	MOBILITY 18:30-19:30	INTENSIVE T.T. 18:10-19:10	EGOYOGA 18:30-19:30	
MACUMBA 19:10-20:10	SUPERJUMP 18:50-19:50	MACUMBA 19:10-20:10	SUPERJUMP 18:50-19:50	MACUMBA 19:10-20:10	
TABATA 19:30-20:30	POSTURAL FIT 19:10-20:10	TABATA 19:30-20:30	POSTURAL FIT 19:10-20:10	TABATA 19:30-20:30	
WBS 19:10-20:10	TOTALBODY 19:50-20:50	WBS 19:10-20:10	TOTALBODY 19:50-20:50	WBS 19:10-20:10	
PILAFIT 20:10-21:00	SUPERJUMP 20:10-21:00	EGOYOGA YIN 20:10-21:00	SUPERJUMP 20:10-21:00	PILAFIT 20:10-21:00	

ACQUA					
LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
ACQUAGYM 09:00-09:50	ACQUABIKE 09:00-09:50	ACQUAGYM 09:00-09:50	ACQUABIKE 09:00-09:50	ACQUABIKE 09:00-10:00	
ACQUABIKE 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUABIKE 10:00-10:50	ACQUAGYM 10:00-10:50	ACQUAGYM 10:00-10:50	
ACQUASOFT 11:00-11:50		ACQUASOFT 11:00-11:50		ACQUASOFT 11:00-11:50	ACQUAGYM V.G 11:10-12:10
ACQUAGYM 13:30-14:20	ACQUABIKE 13:50-14:40	ACQUAGYM 13:30-14:20	ACQUAGYM 13:50-14:40	ACQUAGYM 13:30-14:20	
ACQUAGYM 18:30-19:20	ACQUAGYM V.G 18:00-19:00	ACQUABIKE 18:30-19:20	ACQUAGYM 18:30-19:20	ACQUAGYM V.G 18:00-19:00	
ACQUAGYM 19:20-20:10	ACQUABIKE 19:10-20:10	ACQUAGYM 19:20-20:10	ACQUABIKE 19:20-20:10	ACQUAGYM 19:10-20:00	
	ACQUATABATA 20:10-21:00		ACQUA-CIRCUIT 20:10-21:00	ACQUATABATA 20:00-20:50	

NUOTO ADULTI PLUS									
LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
PLUS ADVANCE 07:10-08:00				PLUS ADVANCE 07:10-08:00				PLUS ADVANCE 07:10-08:00	
				PLUS START 08:00-08:50					
PLUS ADVANCE 09:00-09:50		PLUS START 09:00-09:50		PLUS ADVANCE 09:00-09:50		PLUS ADVANCE 09:00-09:50		PLUS START 09:00-09:50	
PLUS START 10:00-10:50		PLUS ADVANCE 10:00-10:50		PLUS START 10:00-10:50		PLUS START 10:00-10:50		PLUS ADVANCE 10:00-10:50	
PLUS ADVANCE 11:00-11:50								PLUS ADVANCE 11:00-11:50	
PLUS ADVANCE 13:10-14:00		PLUS START 13:10-14:00		PLUS ADVANCE 13:10-14:00		PLUS START 13:10-14:00		PLUS ADVANCE 13:10-14:00	
PLUS START 14:10-15:00		PLUS ADVANCE 14:10-15:00				PLUS ADVANCE 14:10-15:00		PLUS START 14:10-15:00	
PLUS ADVANCE 15:40-16:30				PLUS START 15:30-16:20		PLUS ADVANCE 15:40-16:30			
PLUS ADVANCE 18:30-19:20				PLUS ADVANCE 18:30-19:20		PLUS ADVANCE 18:30-19:20			
PLUS ADVANCE 19:30-20:20	PLUS START 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS START 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS START 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS START 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS START 19:30-20:20
PLUS ADVANCE 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10		PLUS START 20:20-21:10		PLUS ADVANCE 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	

LEGENDA

Alta Intensità

Forza & Tonificazione

Postura & Mobilità

Yoga & Relax

Ballo & Fun

Funzionale

Attività integrativa

PLUS ADVANCE

Livello Advanced

PLUS START

Livello Start