

# ORARI FITNESS 2022/2023

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		LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
		PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA
MATTINA	09:00				STEP TONE			ACQUA CIRCUIT					
	09:30		PILATES INTERMEDIO				PILATES INTERMEDIO				BODY PUMP	ACQUA FITNESS	
	10:00			WATER WORKOUT					FUSION METABOLIC				
	10:30		TOTAL BODY				BODY CIRCUIT TRAINIG			WATER WORKOUT			
	11:00				PILATES BASE				PILATES BASE				
	11:30	ACQUA FITNESS					ACQUATIC BIKE				PILATES		
PRANZO	13:30				PILATES					PILATES			
SERA	17:00				POSTURALE				POSTURALE				
	17:30		CIRCUIT TRAINING				FUSION METABOLIC				BODY CIRCUIT TRAINING		
	18:20		PILATES INTERMEDIO				PILATES BASE				PILATES INTERMEDIO		
	19:00			ACQUATIC BIKE	YOGA			ACQUA FITNESS	YOGA	ACQUATIC BIKE			
	19:20	WATER WORKOUT					ACQUA CIRCUIT				PILATES BASE		