

ORARI FITNESS 2023/2024

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| | | LUNEDI' | | MARTEDI' | | MERCOLEDI' | | GIOVEDI' | | VENERDI' | | SABATO | |
|---------|-------|---------------|------------|---------------|------------------|---------------|------------------|---------------|------------------|---------------|---------------|---------------|----------|
| | | PISCINA | PALESTRA | PISCINA | PALESTRA | PISCINA | PALESTRA | PISCINA | PALESTRA | PISCINA | PALESTRA | PISCINA | PALESTRA |
| MATTINA | 08:30 | | | | PILATES | | | | PILATES | | | | |
| | 09:00 | ACQUA FITNESS | | | | | ACQUA FITNESS | | | | | | |
| | 09:30 | | PILATES | | GAG | | PILATES | ACQUA CIRCUIT | | | TOTAL BODY | ACQUA FITNESS | |
| | 10:30 | | TOTAL BODY | WATER WORKOUT | | | CIRCUIT TRAINING | | GAG | WATER WORKOUT | | | |
| | 11:30 | WATER WORKOUT | | | POSTURAL PILATES | ACQUATIC BIKE | | | POSTURAL PILATES | | PILATES | | |
| PRANZO | 13:45 | | | | PILATES | | | | CIRCUIT TRAINING | | PILATES | | |
| | 16:00 | | | | CIRCUIT TRAINING | | | | CIRCUIT TRAINING | | | | |
| SERA | 16:30 | | PILATES | | | | | | | | PILATES | | |
| | 17:00 | | | | POSTURALE | | | | POSTURALE | | | | |
| | 17:30 | | TOTAL BODY | | | | TOTAL BODY | | | | TOTAL BODY | | |
| | 18:30 | | PILATES | | YOGA | | PILATES | | YOGA | | PILATES | | |
| | 19:00 | | | ACQUATIC BIKE | | | | | ACQUA COMBO | | ACQUATIC BIKE | | |
| | 19:30 | WATER WORKOUT | | | | ACQUA CIRCUIT | | | | | | | |