ORARI FITNESS 2024/2025

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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		SUPER GAG		PILATES				TOTAL BODY		PILATES		
	09:00	ACQUA FITNESS				ACQUA FITNESS							
	09:30		PILATES		SUPER GAG		PILATES	WATER BALANCE			SUPER GAG	ACQUA FITNESS	
	10:30		TOTAL BODY	WATER WORKOUT					CIRCUIT TRAINING	WATER WORKOUT			
	11:30	WATER WORKOUT			POSTURAL PILATES	ACQUATIC BIKE			POSTURAL PILATES		PILATES		
PRANZO	13:45				PILATES				PILATES				
SERA	16:30		PILATES		GAG		PILATES		GAG		PILATES		
	17:30		TOTAL BODY		POSTURALE		BODY CIRCUIT		POSTURALE		TOTAL BODY		
	18:30		PILATES		YOGA		PILATES		YOGA		PILATES		
	19:00	ACQUA FITNESS		ACQUATIC BIKE		ACQUA FITNESS		ACQUA FITNESS		ACQUATIC BIKE			
	19:30												