

ORARI FITNESS 2021/2022

		LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
		PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA
MATTINA	9:15		PILATES		TOTAL BODY		PILATES	WATER WORKOUT		CIRCUIT TRAINING			
	9:30										ACQUA FITNESS		
	10:10		CIRCUIT TRAINING	WATER WORKOUT			TOTAL BODY		PILATES	WATER WORKOUT			
PRANZO	13:30				PILATES					PILATES			
SERA	17:40		CIRCUIT TRAINING				PILATES				TOTAL BODY		
	18.30		PILATES				TOTAL BODY				PILATES		
	19:00			ACQUA FITNESS				ACQUATIC BIKE		ACQUA FITNESS			
	19.20	WATER WORKOUT				ACQUA CIRCUIT TRAINING					CIRCUIT TRAINING		

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