

FITNESS CLASS

Planning



Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato*
09:00-09:55 A.M.A.	07:10-08.05 A.M.A.		7:10-8:05 Core&stretch		
	09.15-10:10 Make Body	10:00-10:55 AcquaGYM soft		10:00-10:55 AcquaGYM soft	
10:00-10:55 AcquaGYM soft	10:35-11:30 Stretch&tone			12:45-13:40 IdroBike	
	17:30-18:25 AcquaGYM soft	16:30-17:25 Zumba kids	17:30-18:25 AcquaGYM soft		
17:30-18:25 IdroBike	17:30-18:25 Pilates		18:20-19:15 A.M.A.	17:30-18:25 Power Bound	
17:30-18:25 Circuit Training	18:30-19:25 AcquaGym	18:20-19:15 Presciistica			
18:30-19:25 A.M.A.		19:15-20:10 Pump&more	19:30-20:25 A.M.A.		

*A partire dal 3.10.20