ESSENUOTO WATER FITNESS EVENTS

Orario	Giovedì 14	Venerdi 15	Sabato 16	Domenica 17
11,00 - 11,30	NEW CONCEPTBIKE 1 / TREADMILL 1 FREEFOOT	STEP + GLOVES / TREADMILL 1 FREEFOOT	TREADMILL 1 FREEFOOT / PALLA + ELASTICI	NEWCONCEPTBIKE 1 / KICK DOUBLE
11,45 - 12,15	CIRCUIT STEP + CAVIGLIERE+ KICK / NEW CONCEPTKIKE1	TREADMILL 2 FREEFOOT / NEWCONCEPTBIKE 1	TREADMILL 2 FREEFOOT / STEP + GLOVES	NEWCONCEPTBIKE 2 + MANUBRI / MUSICA A BLOCCHI COR-PO LIBERO
12,30 - 13,00	MUSICA CIRCUIT / NEWCONCEPTIBIKE 3	CIRCUIT TONO + CARDIO TREADMILL 3 FREEFOOT / NEWCONCEPTIBIKE 3	TREADMILL 3 FREEFOOT / NEWCONCEPTBIKE 1	NEWCONCEPTBIKE 3 / KICK + GLOVES
13,15 - 13,45	TREADMILL 1 FREEFOOT / NEWCONCEPTIBIKE 3	NEWCONCEPTIBIKE 2 / TREADMILL 4 FREEFOOT	TREADMILL 4 FREEFOOT / NEWCONCEPTBIKE 2	NEWCONCEPTBIKE 4 / TREADMILL 1 FREEFOOT
14,00 - 14,30	PALLE + ELASTICI / TREADMILL 2 FREEFOOT	INTENSITA' BRUCIOGRASSI / NEWCONCEPTBIKE 4	ELASTICI + CINTURA / NEWCONCEPTBIKE 3	TREADMILL 2 FREEFOOT / NEWCONCEPTBIKE 3 + ELASTICO
14,45 - 15,30	STEP CIRCUIT + TREADMILL 3 FREEFOOT	DOPPIO TUBO TONO / NEWCONCEPTIBIKE 1	NEWCONCEPTIBIKE 4 / CAVIGLIERE SOSPENZIONE	TREADMILL 3 FREEFOOT / STEP VOLANTE + CINTURA
15,45 - 16,30	LAVORO A BLOCCHI CON LA MUSICA + MANUBRI / NEWCONCEPTIBIKE 2	MUSICA A BLOCCHI GAMBE TONICHE / TREADMILL 1 FREEFOOT	TREADMILL 2 FREEFOOT / MUSICA A BLOCCHI	TONO GG + CAVIGLIERE + MUSICA A BLOCCHI / STEP MUSICA A BLOCCHI
16,45 - 17,15	CINTURE / NEWCONCEPTIBIKE 3	TREADMILL 2 FREEFOOT / TONOPALLA + ALLUNGAMENTO	NEWCONCEPTBIKE 1 / TREADMILL 3 + ALLUNGAMENTO E TONO	NEWCONCEPTBIKE 2 / TREADMILL 4 FREEFOOT

Per info:
www.essenuoto.com - info@essenuoto.com
www.lnnuisp.org - info@innuisp.org
www.uisper.info - leganuoto@uisper.info

Tutte attività saranno svolte c/o il Pad. C3 Stand 80