

CORSISTICA FITNESS

Programmazione Settimanale per Fasce Orarie

FASCIA	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	ENERDÌ	SABATO	DOMENICA
 MATTINA 08:00 - 12:00	08:30 HydroBike + Walking 09:30 HydroPower Fit	08:30 HydroBike + Walking 09:30 AquaSoft 10:30 HydroBike 11:30 Pilates	08:30 HydroBike + Walking 09:30 HydroBike + Walking	08:30 HydroBike + Walking 09:30 HydroPower Fit 10:30 HydroBike + Walking 11:30 Pilates	08:30 HydroBike + Walking 09:30 AquaSoft 10:30 HydroBike	08:30 HydroBike 10:00 Ginnastica Funzionale 10:50 Pilates	11:30 HydroBike
 PRANZO 12:00 - 16:00	13:30 HydroBike 13:30 AquaGym 14:30 Jump & Shape	13:30 HydroBike + Walking 14:30 AquaCircuit Shallow	13:30 HydroBike 13:30 AquaGym 14:30 Jump & Shape	13:30 AquaJump & Tools Circuit 14:30 AquaCircuit Shallow	13:30 HydroBike 13:30 AquaGym 14:30 Ginnastica Funzionale	13:30 HydroBike	
 SERA 16:00 - 21:00	18:25 HydroBike 19:20 AquaGym 19:20 AquaBoxe 19:40 Jump & Shape 20:15 AquaCircuit Shallow		18:25 AquaJump 19:20 AquaCombat 19:20 AquaBoxe 20:15 AquaCircuit Shallow	18:25 HydroBike 18:30 Jump & Shape 19:20 AquaGym 19:20 AquaBoxe 19:40 Jump & Shape 20:15 AquaCircuit Shallow	18:30 Ginnastica Funzionale		



Attività Fitness in Acqua (Azzurro)



Attività Fitness a Terra (Verde)