

PLANNING CORSI FITNESS 2018

VALIDO DAL 03 APRILE 2018 AL 10 GIUGNO 2018

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	DOMENICA	SABATO
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>AcquaGym 9.15 - 10.00 Giulia</p> </div> <div style="width: 50%;"> <p>Postural Training 9.30 - 10.15 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Yoga 9.30 - 10.30 Micaela</p> </div> <div style="width: 50%;"> <p>HydroBike 10.30 - 11.15 Micaela</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>AcquaGym 9.15 - 10.00 Giulia</p> </div> <div style="width: 50%;"> <p>Mat Pilates 9.45 - 10.30 Simona</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 10.00 - 10.45 Giulia</p> </div> <div style="width: 50%;"> <p>AcquaGym 10.45 - 11.30 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 10.30 - 11.15 Simona</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Sorpresa 11.15 - 12.00 A Rotazione</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Sorpresa 10.15 - 11.00 A Rotazione</p> </div> </div>
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 12.45 - 13.30 Linda</p> </div> <div style="width: 50%;"> <p>AcquaCircuit 12.45 - 13.30 Chiara</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Yoga 12.45 - 13.30 Micaela</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 12.45 - 13.30 Linda</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>HydroBike 12.45 - 13.30 Marcella</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>TRX & Circuit 12.45 - 13.30 Massi</p> </div> </div>		
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Postural Training 17.15 - 18.00 Giulia</p> </div> </div>		<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 15.15 - 16.00 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Postural Training 17.00 - 17.45 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 16.45 - 17.30 Giulia</p> </div> </div>		
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Gambe e Glutei 18.00 - 18.30 Giulia</p> </div> <div style="width: 50%;"> <p>Nordic Walking 18.15 - 19.45 Marco</p> </div> </div>			<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>BodyWeight 17.45 - 18.30 Massi</p> </div> <div style="width: 50%;"> <p>Walking 17.45 - 18.30 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Abdominal Killer 17.30 - 18.00 Giulia</p> </div> </div>		<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>AcquaGym 12.30 - 13.15 Anna</p> </div> </div>
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Abdominal Killer 18.30 - 19.00 Massi</p> </div> <div style="width: 50%;"> <p>Walking 18.30 - 19.15 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>PowerStep 18.00 - 18.45 Marcello</p> </div> <div style="width: 50%;"> <p>Functional Training 18.00 - 18.45 Barbara</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Abdominal Killer 17.15 - 17.45 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 18.30 - 19.15 Massi</p> </div> <div style="width: 50%;"> <p>Walking & Tonic 18.30 - 19.15 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Gambe e Glutei 18.00 - 18.30 Giulia</p> </div> </div>		
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Total Body 19.15 - 20.00 Giulia</p> </div> <div style="width: 50%;"> <p>Walking & Tonic 19.15 - 20.00 Tania</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>ZUMBA 18.45 - 19.30 Marcello</p> </div> <div style="width: 50%;"> <p>Walking & Tonic 18.45 - 19.30 Barbara</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>AeroBoxe & Tone 17.45 - 18.30 Barbara</p> </div> <div style="width: 50%;"> <p>Walking & Tonic 17.45 - 18.30 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>TRX & Circuit 19.15 - 20.00 Massi</p> </div> <div style="width: 50%;"> <p>Functional Training 19.15 - 20.00 Marcella</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Yoga 18.30 - 19.30 Claudia</p> </div> <div style="width: 50%;"> <p>Walking & Tonic 19.15 - 20.00 Tania</p> </div> </div>		
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 20.00 - 20.45 Massi</p> </div> <div style="width: 50%;"> <p>AcquaGym 19.15 - 20.00 Massi</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Total Body 19.30 - 20.15 Barbara</p> </div> <div style="width: 50%;"> <p>ZUMBA 19.30 - 20.15 Marcello</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Energy Step 18.30 - 19.15 Barbara</p> </div> <div style="width: 50%;"> <p>Walking 18.30 - 19.15 Giulia</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>ZUMBA 20.00 - 20.45 Marcella</p> </div> <div style="width: 50%;"> <p>HydroBike 19.15 - 20.00 Tania</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>AcquaGym 19.30 - 20.15 Giulia C</p> </div> </div>		
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Total Body 20.45 - 21.30 Massi</p> </div> <div style="width: 50%;"> <p>HydroBike 20.00 - 20.45 Tania</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Postural Training 20.15 - 21.00 Chiara</p> </div> <div style="width: 50%;"> <p>Walking 19.30 - 20.15 Chiara</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 19.15 - 20.00 Giulia</p> </div> <div style="width: 50%;"> <p>AcquaGym 19.15 - 20.00 Giulia C</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>AcquaGym 20.00 - 20.45 Massi</p> </div> </div>			
		<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>TRX & Circuit 20.00 - 20.45 Manuel</p> </div> <div style="width: 50%;"> <p>HydroBike 20.00 - 20.45 Giulia C</p> </div> </div>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>HydroBike 20.45 - 21.30 Marcella</p> </div> </div>		<div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Mat Pilates 10.15 - 11.00 Valentina</p> </div> </div>	

CHIUSURE DEL CENTRO
1 - 2 - 25 aprile
1 maggio
2 giugno

La Direzione si riserva il diritto di modificare il piano corsi.
Le attività verranno svolte con un minimo di TRE partecipanti.
I corsi a prenotazione si possono prenotare 3 giorni prima via sito web, telefonicamente o presso la reception.
Si prega di avvisare in caso di assenza alla lezione, attenendosi alle modalità di disdetta dei corsi.

Corsi a prenotazione

wellness - sala 1
attività all'aperto
attività coreografiche - sala 1
acqua bassa / alta

walking indoor - sala 2
tonificazione - sala 1
functional - palestra