

| PLANNING CORSI - SALA FITNESS E PISCINA ACQUAFITNESS valido dal 08/01/2018 al 30/03/2018 |         |   |   |  |  |  |  |  |  |  |  |         |
|--|---------|---|---|--|--|--|--|--|--|--|--|---------|
| LUNEDI   | SALA 1  | 9.00 - 9.45<br>Postural<br>Silvia ●         | 9.45 - 10.30<br>Ginnastic a dolce<br>Daniela ●    | 10.30 - 11.15<br>Pilates<br>Daniela ●●     | 11.15 - 12.00<br>Total body<br>Silvia ●●●          |  | 17.15 - 18.00<br>Postural stretching<br>Silvia ● | 18.00 - 18.30<br>G.A.G.<br>Silvia ●●               | 18.30 - 19.15<br>Total Body Workout<br>Alex ●●●  | 19.15 - 20.15<br>Yoga<br>Daniela ●               | 20.15-21.00<br>Body Sculpt<br>Marco ●●●      | SALA 1  |
|  | SALA 2  |   | 9.45 - 10.30<br>*Flexibilit y<br>Silvia ●         |  |  | 13.00 - 13.45<br>*Circuit Walking<br>Silvia ●●●  |  | 18.30 - 19.15<br>*Athleti c Walking<br>Silvia ●●●  | 19.15 - 20.00<br>*Aero Walking<br>Alex ●●●       |  |  | SALA 2  |
|  | PISCINA |   |   | 10.30 - 11.15<br>Acquagym<br>Silvia ●      | 11.15 - 12.00<br>*Hydro bike<br>Daniela ●●●        | 12.00 - 12.30<br>*ACQUA POLE<br>Daniela ●●       | 12.15 - 13.45<br>Acqua - training<br>Marco ●●    |  | 19.15 - 20.00<br>Hydro running<br>Silvia ●●●     | 20.00 - 20.30<br>*ACQUA POLE<br>Silvia ●●        | 20.30 - 21.15<br>Acqua X Fit<br>Daniela ●●   | PISCINA |
| MARTEDI  | SALA 1  | 9.00 - 9.30<br>Add<br>Silvia ●●             | 9.30 - 10.15<br>Body Sculpt<br>Chiara ●●●         |  |  |  | 18.00 - 18.45<br>Choreo Tone<br>Alessia ●●●      | 18.45 - 19.30<br>Body Sculpt<br>Alex ●●            | 19.30 - 20.15<br>Fit & fun<br>Alessia ●●●        |  |  | SALA 1  |
|  | SALA 2  |   | 9.30 - 10.15<br>*Circuit Walking<br>Silvia ●●●    | 10.15 - 11.00<br>*Flexibilit y<br>Silvia ● |  | 13.15 - 14.00<br>*Athletic Walking<br>Silvia ●●● |  | 18.45 - 19.30<br>*Athleti c Walking<br>Alessia ●●● | 19.30 - 20.15<br>*Aero Walking<br>Alex ●●●       | 20.15 - 21.00<br>*Athletic Walking<br>Alex ●●●   |  | SALA 2  |
|  | PISCINA |   |   | 10.15 - 10.45<br>*ACQUA POLE<br>Chiara ●●  | 11.00 - 11.45<br>*Hydro running<br>Silvia ●●●      | 11.45 - 12.30<br>Acqua Wellness<br>Silvia ●●     | 12.30 - 13.00<br>Acqua Pilates<br>Silvia ●       |  | 19.15 - 19.45<br>*ACQUA A POLE<br>Giada ●●       | 19.45 - 20.30<br>*Hydro bike<br>Giada ●●●        | 20.30 - 21.15<br>Acqua - power<br>Alessia ●● | PISCINA |
| MERCOLEDI  | SALA 1  |   | 9.45 - 10.30<br>Postural stretching<br>Silvia ●   | 10.30 - 11.15<br>Zumba<br>Ale ●●           |  | 13.00 - 13.45<br>Pilates<br>Barbara ●            |  | 18.15 - 18.45<br>Add<br>Silvia ●●                  | 18.45 - 19.30<br>Total Body Workout<br>Erika ●●● | 19.30 - 20.15<br>Tabata training<br>Daniela ●●   | 20.15 - 21.00<br>Pilates<br>Daniela ●        | SALA 1  |
|  | SALA 2  | 9.00 - 9.45<br>*Flexibilit y<br>Silvia ●    |   |  |  |  | 17.30 - 18.15<br>*Flexibilit y<br>Silvia ●       | 18.45 - 19.30<br>*Circuit Walking<br>Silvia ●●●    | 19.30 - 20.15<br>*Athletic Walking<br>Erika ●●●  |  |  | SALA 2  |
|  | PISCINA |   | 9.45 - 10.30<br>Acqua Zumba<br>Ale ●●             | 10.30 - 11.00<br>*ACQUA POLE<br>Silvia ●●● | 11.00 - 11.45<br>*Hydro bike<br>Silvia ●●●         | 11.45 - 12.30<br>*Hydro running<br>Silvia ●●●    |  |  | 19.30 - 20.15<br>Hydro running<br>Silvia ●●●     | 20.15 - 21.00<br>Acqua X Fit<br>Erika ●●●        | PISCINA                                      |         |
| GIOVEDI  | SALA 1  | 9.00 - 9.45<br>Fit Ball<br>Silvia ●         | 9.45 - 10.30<br>Ginnastic a dolce<br>Marco ●      | 10.30 - 11.15<br>GAG<br>Marco ●●           | 12.15 - 13.00<br>Stretching training<br>Vincenzo ● |  | 18.00 - 18.30<br>Add<br>Silvia ●●                | 18.30-19.15<br>Tae-Tek Aero boxing<br>Ale ●●●      | 19.15 - 20.00<br>Zumba<br>Ale ●●●                | 20.00 - 21.00<br>YOGA<br>Daniela ●               |  | SALA 1  |
|  | SALA 2  |   | 9.45 - 10.30<br>*Flexibilit y<br>Silvia ●         |  |  | 13.00 - 13.45<br>*Aero Walking<br>Silvia ●●●     | 17.15 - 18.00<br>*Flexibilit y<br>Silvia ●       | 18.30 - 19.15<br>*Athleti c Walking<br>Silvia ●●●  | 19.15 - 20.00<br>*Circuit Walking<br>Silvia ●●●  |  |  | SALA 2  |
|  | PISCINA |   |   | 10.30 - 11.15<br>Acquagym<br>Silvia ●      | 11.15 - 12.00<br>*Hydro bike<br>Silvia ●●●         | 12.00 - 12.30<br>*ACQUA POLE<br>Silvia ●●●       | 13.15 - 14.00<br>Acqua - training<br>Vincenzo ●● |  | 19.15 - 20.00<br>*Hydro bike<br>Daniela ●●●      | 20.00 - 20.30<br>*ACQUA POLE<br>Ale ●●           | 20.30 - 21.15<br>Acqua Zumba<br>Ale ●●       | PISCINA |
| VENERDI  | SALA 1  | 9.00 - 9.30<br>Gambe glutei<br>Silvia ●●    | 9.30 - 10.15<br>YOGA<br>Daniela ●                 |  |  | 13.15 - 14.00<br>Pilates<br>Alessia ●            | 17.45 - 18.30<br>Upper body<br>Alessia ●●        | 18.30 - 19.15<br>Fit & fun<br>Alessia ●●●          | 19.15 - 20.00<br>Postural stretching<br>Marco ●  |  |  | SALA 1  |
|  | SALA 2  |   | 9.30 - 10.15<br>*Athleti c Walking<br>Silvia ●●●  | 10.15 - 11.00<br>*Flexibilit y<br>Silvia ● |  |  |  | 18.30 - 19.15<br>*Athleti c Walking<br>Marco ●●●   |  |  |  | SALA 2  |
|  | PISCINA |   |   | 10.15 - 10.45<br>*ACQUA POLE<br>Daniela ●● | 11.00 - 11.45<br>*Hydro running<br>Silvia ●●●      | 11.45 - 12.30<br>Acqua Wellness<br>Silvia ●●     | 12.30 - 13.00<br>Acqua Pilates<br>Silvia ●       |  |  | 19.15 - 20.00<br>Acqua - power<br>Alessia ●●     | PISCINA                                      |         |
| SABATO   | SALA 1  |   |   | 11.15 - 11.45<br>Add<br>Alessia ●●         | 11.45 - 12.30<br>Total Body<br>Alessia ●●●         |  |  |  |  |  |  | SALA 1  |
|  | SALA 2  | 9.45 - 10.30<br>*Fit Walking<br>Alessia ●●● | 10.30 - 11.15<br>*Athletic Walking<br>Alessia ●●● |  |  |  |  |  |  |  |  | SALA 2  |
|  | PISCINA | 10.00 - 10.45<br>Acqua - power<br>Giada ●●  | 10.45 - 11.30<br>*Hydro bike<br>Giada ●●●         | 11.30 - 12.00<br>*ACQUA POLE<br>Giada ●●●  | 12.15 - 13.45<br>Acqua - training<br>Marco ●●      |  |  |  | 11.00 - 11.45<br>*Hydro bike a rotazione<br>●●●  | 11.45 - 12.30<br>Acqua - power a rotazione<br>●● |  | PISCINA |
| DOMENICA   | SALA 1  |   |   |  |  |  |  | 10.15 - 11.00<br>Body Sculpt A rotazione<br>●●●    |  |  |  | SALA 1  |
|  | SALA 2  |   |   |  |  |  |  |  |  |  |  | SALA 2  |
|  | PISCINA |   |   |  |  |  |  |  |  |  |  | PISCINA |

● = BASSA INTENSITA' ●● = MEDIA INTENSITA' ●●● = ALTA INTENSITA'