

PLANNING CORSI FITNESS dal 1.12.2021 al 19.12.2021

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO
SALA 1	ACQUA / OPEN	SALA 1	ACQUA / OPEN	SALA 1	ACQUA / OPEN	SALA 1	ACQUA / OPEN	SALA 1	ACQUA / OPEN	SALA 1 / ACQUA
08:55 - 09:55 YOGA micaela	09:00 - 09:45 ACQUAGYM alessandra	09:00 - 09:45 POSTURAL micaela	09:00 - 09:45 ACQUAGYM alessandra	09:00 - 09:45 MAT PILATES micaela	09:00 - 09:45 ACQUAGYM sarah					10:00 - 10:45 MAT PILATES turnazione
10:00 - 10:45 MAT PILATES micaela	09:55 - 10:40 HYDROBIKE alessandra	09:50 - 10:35 TOTAL BODY micaela		09:50 - 10:50 YOGA micaela	09:50 - 10:35 POLE CIRCUIT sarah	09:00 - 09:45 MAT PILATES micaela	09:00 - 09:45 ACQUAGYM sarah	09:35 - 10:20 BODY WAKE UP toz	09:30 - 10:15 BIKE & GYM valeria	10:50 - 11:20 KILLER ABS turnazione
10:50 - 11:50 WELLBACK micaela	10:50 - 11:35 ACQUAGYM alessandra	10:40 - 11:35 WELLBACK micaela	10:45 - 11:30 POLE CIRCUIT alessandra	10:55 - 11:25 RITI TIBETANI micaela	10:00 - 11:30 NORDIC catia	09:50 - 10:50 YOGA FLOW micaela	09:50 - 10:35 ACQUAPOLE sarah	10:30 - 11:15 STRETCH & MOVE toz		11:30 - 12:15 TOTAL BODY turnazione
11:55 - 12:40 DISCO '80 micaela		11:40 - 12:40 SBARRA micaela		11:30 - 12:15 CIRCUIT alexia	10:55 - 11:40 HYDROBIKE sarah	11:00 - 12:15 R.E.D. & STRETCH valeria	10:45 - 11:30 HYDROBIKE sarah		11:20 - 12:05 ACQUAGYM alessandra	12:30 - 13:15 ACQUAGYM turnazione
				12:15 - 12:30 KILLER ABS alexia	11:45 - 12:30 ACQUAGYM elena		11:00 - 12:00 SBARRA micaela			
12:45 - 13:30 YOGA FLOW micaela	12:45 - 13:30 HYDROBIKE alessandra	12:45 - 13:30 MAT PILATES micaela	12:45 - 13:30 HYDROBIKE valeria	12:45 - 13:30 POSTURAL alexia	12:45 - 13:30 ACQUAGYM elena	12:45 - 13:30 MAT PILATES micaela	12:45 - 13:30 POLE CIRCUIT alessandra	12:45 - 13:30 STRETCH & MOVE toz	12:45 - 13:30 HYDROBIKE alessandra	
				14:25 - 15:25 YOGA carla *	12:30 - 13:30 SBARRA BASIC micaela					09:30 - 11:00 ASHTANGA YOGA tiziana
16:05 - 16:50 WALKING sarah *				15:30 - 16:15 BODY HARMONY barbara *		16:30 - 17:15 POSTURAL sarah *		16:30 - 17:15 POSTURAL lorenzo *		10:30 - 11:15 ACQUA SPECIAL turnazione
17:00 - 17:45 MAT PILATES sarah				16:20 - 17:05 WALKING barbara *		17:20 - 18:05 WALKING sarah	18:15 - 19:00 SOFT TONIC marcella	17:30 - 18:15 CIRCUIT lorenzo		
17:50 - 18:35 BODY WEIGHT lorenzo		18:05 - 18:50 POSTURAL marcella		17:15 - 18:00 STEP barbara		18:15 - 19:00 MAT PILATES sarah	18:15 - 19:45 NORDIC catia	18:20 - 18:50 KILLER ABS lorenzo		
18:40 - 19:10 KILLER ABS lorenzo	18:15 - 19:45 NORDIC catia	19:00 - 19:45 TOTAL BODY giulia c.	19:05 - 19:50 POLE CIRCUIT marcella	18:05 - 18:50 TOTAL BODY barbara	19:15 - 20:00 ACQUAGYM alessandra	19:05 - 19:50 DISCO '80 sarah	19:05 - 19:50 HYDROBIKE marcella	19:00 - 20:30 VINYASA YOGA tiziana	19:15 - 20:00 ACQUAGYM oscar	
19:15 - 20:45 ASHTANGA YOGA tiziana	19:15 - 20:00 ACQUAGYM silvia	19:55 - 20:40 CORE & STRETCH giulia c.	19:55 - 20:40 ACQUAGYM marcella	18:55 - 19:40 POSTURAL davide	20:05 - 20:50 HYDROBIKE alessandra	20:00 - 20:45 CIRCUIT sarah	19:55 - 20:40 ACQUAGYM marcella		20:05 - 20:50 HYDROBIKE oscar	
	20:00 - 20:45 HYDROBIKE oscar	20:45 - 21:30 MAT PILATES marcella *		20:00 - 21:30 CAPOEIRA nadav	21:00 - 22:30 ACQUA COREO alessandra	20:50 - 21:35 WELLBACK marcella *	20:50 - 21:35 ACQUA DISCO sarah *			

DOMENICA

LEGENDA

- * CORSI CON MINIMO 3 PARTECIPANTI
- WELLNESS
- ATTIVITA' COREOGRAFICHE
- TONIFICAZIONE
- ACQUAFITNESS ACQUA BASSA
- ACQUAFITNESS ACQUA ALTA
- ATTIVITA' ALL'APERTO
- CORSI SPECIAL extra planning