

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9.30/10.15 ★ PANCAFIT	8.40/9.25 POSTURALE	9.00/9.45 TOTALBODY	9.00/9.45 POSTURALE	9.15/10.00 LES MILLS BODYPUMP	10.00/10.30 LES MILLS BODYATTACK
10.30/11.15 ★ PANCAFIT	9.30/10.15 POSTURALE	10.00/10.45 AEROLATINO	10.00/10.45 HYBRID	9.30/10.15 ★ PANCAFIT	10.45/11.30 LES MILLS BODYPUMP HEAVY
10.15/11.00 AEROLATINO	10.20/11.05 FUNCTIONAL	12.45/13.30 LES MILLS BODYPUMP		10.15/11.00 PILATES	Domenica
11.00/11.30 CORE	12.40/13.30 ★ GROUP CYCLING	15.30/16.15 ★ PANCAFIT		10.30/11.15 ★ PANCAFIT	9.30/10.20 DAL 18/10 ★ BIKING PROGRAM
12.45/13.30 HYBRID	18.00/18.50 DAL 13/10 ★ BIKING PROGRAM	18.00/18.50 ★ GROUP CYCLING		12.40/13.30 DAL 16/10 ★ GROUP CYCLING	10.30/11.20 ★ BIKING PROGRAM
18.00/18.50 ★ BIKING PROGRAM	18.00/19.00 YOGA	18.15/19.05 LES MILLS BODYPUMP HEAVY	18.15/19.00 ★ PANCAFIT		
18.15/18.45 LES MILLS BODYATTACK	18.15/19.00 HYBRID	19.00/19.50 DAL 14/10 ★ CYCLEX	18.30/19.00 LES MILLS BODYATTACK	18.00/18.30 AEROBOXE	
18.50/19.50 LES MILLS BODYPUMP	19.15/20.00 AEROBOXE		19.00/19.50 ★ GROUP CYCLING	18.45/19.30 TOTALBODY	
19.00/19.50 ★ BIKING PROGRAM	19.00/19.50 ★ BIKING PROGRAM	19.15/20.00 PILATES	19.05/19.50 LES MILLS BODYPUMP	18.30/19.20 ★ GROUP CYCLING	

★ SU PRENOTAZIONE

CORSI TERRA

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
9.00/9.45 ACQUA GYM SLIM	9.00/9.45 ACQUA SOFT	9.15/10.00 ACQUA TONE	9.00/9.45 ACQUA SOFT	9.00/9.45 ACQUA GYM		
10.00/10.45 ★ BIKE	10.00/10.45 ACQUA CIRCUIT	10.15/11.00 ACQUA TRAINING	10.00/10.45 ACQUA STEP	10.00/10.45 ACQUA TONE		10.15/11.00 ACQUA GYM
						11.15/12.00 ★ BIKE
					13.00/13.45 ACQUA TONE	
15.00/15.45 ACQUA TONE	14.30/15.15 ★ BIKE MIX	15.00/15.45 ACQUA GYM	14.30/15.15 ★ BIKE MIX	15.00/15.45 ACQUA TONE		
19.15/20.00 ACQUA TRAINING	19.15/20.00 H.I.I.T.	19.05/19.50 ★ ACQUA ENERGY	19.15/20.00 ACQUA AEROBICA	19.15/20.00 ACQUA STEP		
20.00/20.45 ★ BIKE MIX		20.00/20.45 ★ BIKE	20.00/20.45 FUNCTIONAL			

★ SU PRENOTAZIONE

CORSI ACQUA