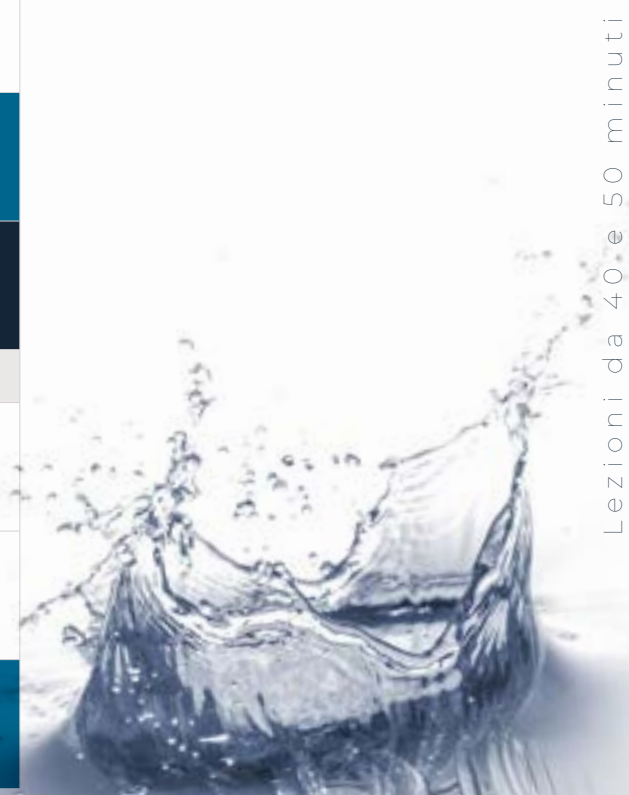


DA GENNAIO 2025

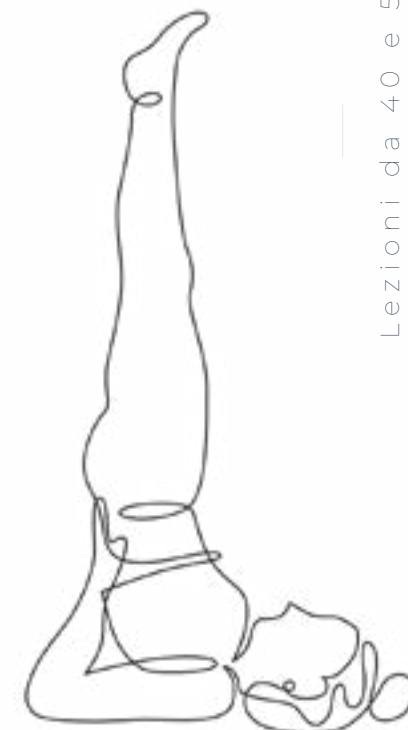
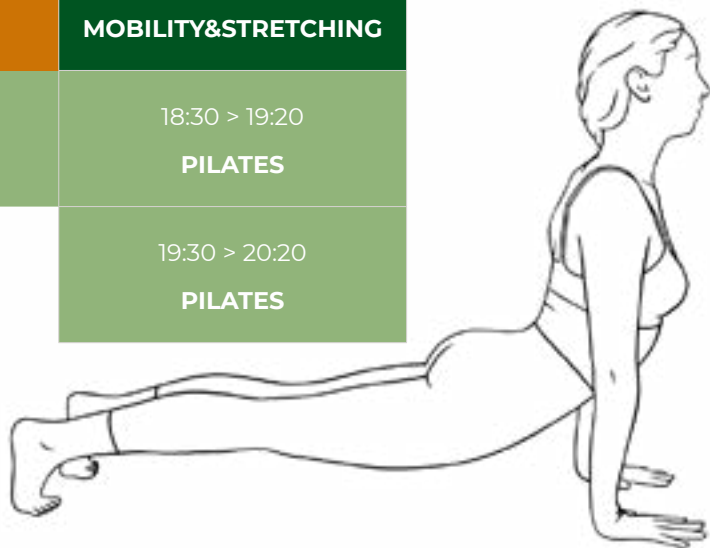
LUNEDÌ		MARTEDÌ	MERCOLEDÌ		GIOVEDÌ	VENERDI	SABATO	DOMENICA
MATTINA								
			07:15 > 07:55 AcquaALTA					
08:45 > 09:25 AcquaALTA		08:45 > 09:25 AcquaALTA	08:45 > 09:25 BIKE		08:45 > 09:25 AcquaALTA	08:45 > 09:25 AcquaALTA	08:45 > 09:25 BIKE	08:45 > 09:25 AcquaMIX
09:35 > 10:15 BIKE	09:35 > 10:15 AEROBIC water(alta)	09:35 > 10:15 AcquaMIX	09:35 > 10:15 BIKE	09:35 > 10:15 AcquaALTA	09:35 > 10:15 AcquaMIX	09:35 > 10:15 BIKE	09:35 > 10:15 BIKE	09:35 > 10:15 BIKE
10:25 > 11:05 BIKE		10:25 > 11:05 AcquaPOSTURAL	10:25 > 11:05 AcquaALTA		10:25 > 11:05 BIKE	10:25 > 11:05 AcquaALTA	10:25 > 11:05 AcquaALTA	10:25 > 11:05 AcquaALTA
PAUSA PRANZO								
		12:40 > 13:20 BIKE						
13:30 > 14:10 BIKE		13:30 > 14:10 AcquaMIX	13:30 > 14:10 BIKE		13:30 > 14:10 AcquaMIX	13:30 > 14:10 BIKE		
14:20 > 15:00 AEROBICwater (alta)		14:20 > 15:00 BIKE	14:20 > 15:00 AcquaGO (alta)		14:20 > 15:00 BIKE	14:20 > 15:00 AcquaMIX		
sera								
18:15 > 18:55 BIKE		18:15 > 18:55 BIKE	18:15 > 18:55 BIKE		18:15 > 18:55 BIKE			
19:05 > 19:45 AcquaALTA	19:05 > 19:45 AcquaBASSA	19:05 > 19:45 BIKE	19:05 > 19:45 BIKE		19:05 > 19:45 AcquaALTA			
19:55 > 20:35 AcquaCOMBAT		19:55 > 20:35 AcquaMIX	19:55 > 20:35 AcquaGO (alta)		19:55 > 20:35 AcquaMIX	19:55 > 20:35 BIKE		



Lezioni da 40 e 50 minuti

DA GENNAIO 2025

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDI	SABATO
MATTINA					
07:10 > 08:00 YOGA					
		08:10 > 09:00 POSTURAL PILATES	09:45 > 10:35 YOGA		
11:10 > 12:00 GINNASTICA POSTURALE				10:30 > 11:20 PILATES	11:15 > 11:55 FUNCTIONAL TRAINING
PAUSA PRANZO					
		12:30 > 13:20 PILATES			
SERA					
16:35 > 17:15 MOBILITY&STRETCHING			16:35 > 17:15 PILATES		
17:25 > 18:05 TONE UP	17:30 > 18:20 MOBILITY&STRETCHING		17:25 > 18:05 FIT DANCE		
18:15 > 18:55 PILATES	18:30 > 19:20 PILATES		18:30 > 19:20 FUNCTIONAL TRAINING		
	19:30 > 20:20 PILATES		19:30 > 20:20 PILATES		



Lezioni da 40 e 50 minuti