



	LUNEDI			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO
	AIRPORT		CITY	AIRPORT		CITY	AIRPORT		CITY	AIRPORT		CITY	AIRPORT		CITY	CITY
	STUDIO 1	POOL	STUDIO 2	STUDIO 1	POOL	STUDIO 2	STUDIO 1	POOL	STUDIO 2	STUDIO 1	POOL	STUDIO 2	STUDIO 1	POOL	STUDIO 2	STUDIO 2
8:00																
9:00				PILATES		9:15 FUNCTIONAL TRAINING		POSTURALE				9:15 FUNCTIONAL TRAINING		POSTURALE		
9:30		ACQUA GYM			ACQUA GYM			ACQUA GYM			ACQUA GYM			ACQUA GYM	TONE ZONE 9:45	
10:30	TOTAL BODY WORKOUT		POSTURALE	NTC		POSTURALE	TOTAL BODY WORKOUT		POSTURALE	NTC		POSTURALE	TOTAL BODY WORKOUT		POSTURALE	
11:00	11:30 YOGA HATHA			11:15 PREBOXE		11:15 PILATES	11:30 YOGA HATHA			11:15 PREBOXE		11:15 PILATES				MUAI THAI 11:00/12:00
12:00			CIRCUIT TRAINING	CORE TRAINING 30 minuti		CIRCUIT TRAINING		CIRCUIT TRAINING	CORE TRAINING 30 minuti		CIRCUIT TRAINING	TRX 30 minuti.		CIRCUIT TRAINING		MUAI THAI 12:00/13:00
13:30		ACQUA GYM			ACQUA GYM			ACQUA GYM			ACQUA GYM			ACQUA GYM		
14:00																
15:00			TONE ZONE	PREBOXE		CIRCUIT KETTLEBELL		TONE ZONE	PREBOXE		CIRCUIT KETTLEBELL			TONE ZONE		
15:45	POSTURALE						POSTURALE						POSTURALE			
16:00			PILATES			POSTURALE		PILATES			POSTURALE			PILATES		
17:00	YOGA 1h	ACQUA GYM	CIRCUIT TRAINING		ACQUA GYM	MUAI THAI 1h 16:45/17:35	YOGA 1h	ACQUA GYM	CIRCUIT TRAINING		ACQUA GYM	MUAI THAI 1h 16:45/17:35	YOGA 1h	ACQUA GYM	CIRCUIT TRAINING	
18:00	PILATES		17:45 FLEX ZONE 30 minuti	18:15 INTERVAL TRAINING		SUPER JUMP 17:35	PILATES		17:45 FLEX ZONE 30 minuti	18:15 INTERVAL TRAINING		SUPER JUMP 17:35	PILATES		17:45 FLEX ZONE 30 minuti	
18:30		18:20 ACQUA GYM	ZUMBA		ACQUA GYM	PREBOXE		18:20 ACQUA GYM	ZUMBA		ACQUA GYM	PREBOXE		18:20 ACQUA GYM	ZUMBA	
19:30	19:15 TOTAL BODY WORKOUT		CALISTHENICS ORE 20:00 SALA PESI	19:15 CIRCUIT KETTLEBELL		MUAI THAI 1h 19:30/20:30	19:15 TOTAL BODY WORKOUT		CALISTHENICS ORE 20:00 SALA PESI	19:15 CIRCUIT KETTLEBELL		MUAI THAI 1h 19:30/20:30	19:15 TOTAL BODY WORKOUT			
20:00	PREBOXE		INTERVAL TRAINING	PREBOXE			PREBOXE		INTERVAL TRAINING	PREBOXE					INTERVAL TRAINING	