



FITNESS

FEBBRAIO dal 1 al 29



	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
	STUDIO 1	POOL	STUDIO 1	POOL	STUDIO 1	POOL	STUDIO 1	POOL	STUDIO 1	POOL
8:45	POSTURALE		POSTURALE		PILATES		POSTURALE		PILATES	
9:30	TOTAL BODY WORKOUT	ACQUA GYM	NTC	ACQUA CIRCUIT	TOTAL BODY WORKOUT	ACQUA GYM	NTC	ACQUA CIRCUIT	TOTAL BODY WORKOUT	ACQUA GYM
10:30	ZUMBA		TOTAL BODY WORKOUT		NTC		PREBOXE		GAG	
13:00		ACQUA GYM ^{13:30}	TRX 30 minuti		CORE TRAINING 30 minuti	ACQUA GYM ^{13:30}	TRX 30 minuti			ACQUA GYM ^{13:30}
15:00			CIRCUIT TRAINING				CIRCUIT TRAINING			
15:45	POSTURALE				POSTURALE				POSTURALE	
16:00										
17:00	YOGA 1 ora	ACQUA GYM	TRX 30 minuti		YOGA 1 ora	ACQUA CIRCUIT	TRX 30 minuti		YOGA 1 ora	ACQUA GYM
18:00	PILATES	ACQUA CIRCUIT ^{18:20}	INTERVAL TRAINING ^{18:15}		PILATES	ACQUA GYM ^{18:20}	INTERVAL TRAINING ^{18:15}		PILATES	ACQUA CIRCUIT ^{18:20}
19:15	TOTAL BODY WORKOUT		ZUMBA		TOTAL BODY WORKOUT		ZUMBA		TOTAL BODY WORKOUT	
20:00	PREBOXE				PREBOXE					