



FITNESS

GENNAIO
dal 1 al 31



LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

STUDIO 1

POOL

STUDIO 1

POOL

STUDIO 1

POOL

STUDIO 1

POOL

STUDIO 1

POOL

POSTURALE

PILATES

POSTURALE

PILATES

TOTAL BODY
WORKOUT

ACQUA GYM

NTC

ACQUA
CIRCUIT

TOTAL BODY
WORKOUT

ACQUA GYM

NTC

ACQUA
CIRCUIT

TOTAL BODY
WORKOUT

ACQUA GYM

ZUMBA

TOTAL BODY
WORKOUT

NTC

PREBOXE

GAG

ACQUA GYM
13:30

TRX
30 minuti

CORE TRAINING
30 minuti

ACQUA GYM
13:30

TRX
30 minuti

ACQUA GYM
13:30

CIRCUIT
TRAINING

CIRCUIT
TRAINING

POSTURALE

POSTURALE

POSTURALE

YOGA
1 ora

ACQUA GYM

TRX
30 minuti

YOGA
1 ora

ACQUA
CIRCUIT

TRX
30 minuti

YOGA
1 ora

ACQUA GYM

PILATES

ACQUA
CIRCUIT
18:20

INTERVAL
TRAINING
18:15

PILATES

ACQUA GYM
18:20

INTERVAL
TRAINING
18:15

PILATES

ACQUA
CIRCUIT
18:20

TOTAL BODY
WORKOUT

ZUMBA

TOTAL BODY
WORKOUT

ZUMBA

TOTAL BODY
WORKOUT

PREBOXE

PREBOXE