



| | LUNEDI | | MARTEDI | | MERCOLEDI | | GIOVEDI | | VENERDI | |
|-------|-----------------------------|--------------------|----------------------------|-----------|-----------------------------|------------------|----------------------------|-----------|-----------------------------|--------------------|
| | STUDIO I | POOL | STUDIO I | POOL | STUDIO I | POOL | STUDIO I | POOL | STUDIO I | POOL |
| 8:00 | | | PILATES 8:45 | | POSTURALE 8:45 | | PILATES 8:45 | | POSTURALE 8:45 | |
| 9:00 | | | | | | | | | | |
| 9:30 | NTC | ACQUA GYM | NTC | | NTC | ACQUA GYM | NTC | | NTC | ACQUA GYM |
| 10:30 | TOTAL BODY WORKOUT | | NTC | | TOTAL BODY WORKOUT | | NTC | | TOTAL BODY WORKOUT | |
| 11:00 | | | | | | | | | | |
| 12:00 | TRX 30 minuti | | CORE TRAINING 30 minuti | | TRX 30 minuti | | CORE TRAINING 30 minuti | | TRX 30 minuti | |
| 13:30 | | ACQUA GYM | | ACQUA GYM | | | | ACQUA GYM | | ACQUA GYM |
| 14:00 | | | | | | | | | | |
| 15:00 | | | CIRCUIT TRAINING | | | | CIRCUIT TRAINING | | | |
| 15:45 | POSTURALE | | | | POSTURALE | | | | POSTURALE | |
| 16:00 | | | | | | | | | | |
| 17:00 | YOGA 1h | | | ACQUA GYM | YOGA 1h | ACQUA CIRCUIT | | ACQUA GYM | YOGA 1h | |
| 18:00 | PILATES | | INTERVAL TRAINING 18:15 | | PILATES | | INTERVAL TRAINING 18:15 | | PILATES | |
| 18:30 | | ACQUA GYM 18:20 | | | | | | | | ACQUA GYM 18:20 |
| 19:30 | TOTAL BODY WORKOUT 19:15 | | ZUMBA 19:00 | | TOTAL BODY WORKOUT 19:15 | | ZUMBA 19:00 | | TOTAL BODY WORKOUT 19:15 | |
| 20:00 | PREBOXE | | | | PREBOXE | | | | | |