



	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
	STUDIO I	POOL	STUDIO I	POOL	STUDIO I	POOL	STUDIO I	POOL	STUDIO I	POOL
8:00	POSTURALE 8:45				PILATES 8:45		POSTURALE 8:45		PILATES 8:45	
9:00										
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	NTC		TOTAL BODY WORKOUT		NTC		TOTAL BODY WORKOUT		NTC	
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		ACQUA GYM
14:00										
15:00			CIRCUIT TRAINING				CIRCUIT TRAINING			
15:45	POSTURALE				POSTURALE				POSTURALE	
16:00										
17:00	YOGA 1h	ACQUA GYM	POSTURALE		YOGA 1h	ACQUA CIRCUIT			YOGA 1h	ACQUA GYM
18:00	PILATES	ACQUA CIRCUIT	INTERVAL TRAINING 18:15		PILATES	ACQUA GYM	INTERVAL TRAINING 18:15	ACQUA GYM	PILATES	ACQUA CIRCUIT
18:30										
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					