



**OFFICINE
SPORTIVE**

MARZO



	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
	STUDIO 1	POOL	STUDIO 1	POOL	STUDIO 1	POOL	STUDIO 1	POOL	STUDIO 1	POOL
08:45	POSTURALE		POSTURALE		PILATES		POSTURALE		PILATES	
09:30	TOTAL BODY WORKOUT	ACQUA GYM	NTC	ACQUA CIRCUIT	TOTAL BODY WORKOUT	ACQUA GYM	NTC	ACQUA CIRCUIT	TOTAL BODY WORKOUT	ACQUA GYM
10:30	GAG		TOTAL BODY WORKOUT		NTC		CARDIO CIRCUIT		ZUMBA	
13:00		ACQUA GYM 13:30	TRX (30 min)		CORE TRAINING (30 min)	ACQUA GYM 13:30	TRX (30 min)			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 min)		YOGA (1 ora)	ACQUA CIRCUIT	TRX (30 min)		YOGA (1 ora)	ACQUA GYM
18:00	PILATES	ACQUA CIRCUIT	INTERVAL TRAINING 18:15		PILATES	ACQUA GYM	INTERVAL TRAINING 18:15		PILATES	ACQUA CIRCUIT
19:15	TOTAL BODY WORKOUT		ZUMBA	NUOTO ASSISTITO (1 ora) 19:00	TOTAL BODY WORKOUT		ZUMBA	NUOTO ASSISTITO (1 ora) 19:00	TOTAL BODY WORKOUT	
20:00					PREBOXE					