

LUNEDÌ	TERRA	8.30-9.30 TAI CHI	9.45-10.30 CIRCUIT	10.45-11.30 PILATES	12.50-13.35 MOVIDA FITNESS	18.15-19.00 MET	19.15-20.00 MOVIDA FITNESS	20.15-21.00 POWER YOGA	19.00-19.50 GROUP CYCLING
	ACQUA	9.00-9.45 DEEP AQUA TONE (VG)	9.45-10.30 AQUA BIKE		12.50-13.35 LOW AQUA CIRCUIT (VP)			19.00-19.45 AQUA CORE (VP)	19.45-20.30 DEEP AQUA TONE (VG)
MARTEDÌ	TERRA	8.30-9.15 SOFT TONE	9.30-10.15 POSTURALE	10.30-11.30 YIN YOGA	12.50-13.35 BODY TONE		18.00-18.45 FCT	19.00-19.45 MIOPUMP	20.00-20.45 PILATES
	ACQUA	9.00-9.45 AQUA CORE (VP)	9.45-10.30 DEEP AQUA CIRCUIT (VG)				19.15-19.45 ANTALGICA*	19.15-20.00 LOW AQUA CIRCUIT (VP)	20.00-20.45 AQUA BIKE
MERCOLEDÌ	TERRA	9.15-10.00 CORE&LEGS	10.15-11.00 PILATES			18.15-19.00 CORE STABILITY	19.15-20.00 TOTAL BODY	20.15-21.00 YOGA	19.30-20.20 GROUP CYCLING
	ACQUA	8.45-9.30 DEEP AQUA TONE (VG)	9.30-10.15 LOW AQUA CIRCUIT (VP)	9.30-10.00 ANTALGICA*	12.50-13.35 AQUA BIKE			19.00-19.45 AQUA DUATHLON (VP)	19.45-20.30 AQUA CORE (VP)
GIOVEDÌ	TERRA	8.45-9.30 FLOW STRETCH	9.45-10.30 MOVIDA FITNESS	10.45-11.45 TAI CHI	12.50-13.35 ZUMBA FITNESS		18.30-19.15 FCT	19.30-20.15 MOVIDA FITNESS	
	ACQUA	9.00-9.45 DEEP AQUA TONE (VG)	9.45-10.30 AQUA BIKE					19.15-20.00 AQUA BIKE	20.00-20.45 DEEP AQUA CIRCUIT (VG)
VENERDÌ	TERRA	8.30-9.15 TOTAL BODY	9.30-10.15 POSTURALE	10.30-11.30 YOGA FLOW		18.00-18.30 GAG	18.45-19.30 FITBOXE	19.45-20.30 MIOPUMP	
	ACQUA		9.30-10.15 AQUA CORE (VP)	10.30-11.00 ANTALGICA*	12.50-13.35 DEEP AQUA TONE (VG)			19.00-19.45 AQUA CORE (VP)	
SAB	TERRA	9.00-9.45 PILATES	10.00-10.45 PANCAFIT*						
DOM	ACQUA			10.30-11.15 DEEP AQUA TONE (VG)					



OLISTIC



**TONE
CARDIO**



GROUP CYCLING



AQUA