



# Planning corsi

2021/2022

## CASSANO MAGNAGO

CORSI	L	Ma	Me	G	V	S	D
AQUA BIHE	09.45-10.30	20.00-20.45	12.50-13.35 19.45-20.30	09.45-10.30 19.15-20.00			
AQUA CORE-VP	19.00-19.45	09.00-09.45			09.30-10.15 19.00-19.45		
AQUA DEEP CIRCUIT -VG		09.45-10.30		20.00-20.45			
AQUA DEEP TONE -VG	09.00-09.45 19.45-20.30		08.45-09.30	09.00-09.45	12.50-13.35		10.30-11.15
AQUA DUATHLON-VP			19.00-19.45				
AQUA LOW CIRCUIT-VP	12.50-13.35	19.15-20.00	09.30-10.15				
ANTALGICA IN ACQUA *		19.15-19.45	09.30-10.00		10.30-11.00		
BODY TONE		12.50-13.35					
CIRCUIT	09.45-10.30						
CORE & LEGS			09.15-10.00	12.50-13.35			
CORE STABILITY			18.15-19.00				
FIT BOXE	20.15-21.00				18.45-19.30		
FLOW STRETCH				08.45-09.30			
FUNCTIONAL		18.00-18.45		18.30-19.15			
GAG					18.00-18.30		
GROUP CYCLING	19.00-19.50		19.30-20.20				
MET	18.15-19.00						
MIO PUMP		19.00-19.45			19.45-20.30		
MOVIDA	12.50-13.35 19.15-20.00			09.45-10.30 19.30-20.15			
PANCAFIT *						10.00-10.45	
PILATES	10.45-11.30	20.00-20.45	10.15-11.00			09.00-09.45	
POSTURALE		09.30-10.15			09.30-10.15		
SOFT TONE		08.30-09.15					
TAI CHI	08.30-09.30			10.45-11.45			
TOTAL BODY			19.15-20.00		08.30-09.15		
YOGA		10.30-11.30 YIN	20.15-21.15		10.30-11.30 FLOW		