



Planning corsi

2022/2023

CASSANO MAGNAGO

| CORSI | L | Ma | Me | G | V | S | D |
|------------------|----------------------------|----------------------------|----------------------------|----------------------------|-------------|-------------|---------------------------------|
| AQUA ANTALGICA | | 19.15-19.45 | 10.00-10.30 | | | | |
| AQUA BIKE | 09.45-10.30 | 19.00-19.45 | 12.50-13.35 | 09.00-09.45 | 19.00-19.45 | | |
| AQUA DEEP | 09.00-09.45 19.45-20.30 | 09.45-10.30 | 08.45-09.30 | 09.45-10.30 19.45-20.30 | 12.50-13.35 | | 10.30-11.15 (dal 09 Ottobre) |
| AQUA DUATHLON-VP | | | 19.00-19.45 | | | | |
| AQUA LOW | 12.50-13.35 19.00-19.45 | 09.00-09.45 19.45-20.30 | 09.30-10.15 19.45-20.30 | 19.00-19.45 | 09.30-10.15 | | |
| BACH SCHOOL | | 10.15-11.00 | | | | | |
| BODY TONE | 10.15-11.00 | 12.50-13.35 | | | | | |
| CIRCUIT TONE | | | 19.15-20.30 | | | | |
| CORE & LEGS | | | 09.30-10.15 | | | | |
| FITBOXE | | 19.30-20.15 | | 12.50-13.35 18.45-19.30 | | | |
| FLOW STRETCH | | | | 08.45-09.30 | | | |
| FUNCTIONAL | | 18.00-18.45 | | 18.00-18.45 | | | |
| GAG | | 18.45-19.30 | | | | | |
| MET | | | | | 18.30-19.15 | | |
| MIO PUMP | 18.30-19.15 | | | 19.30-20.15 | | | |
| MOVIDA | 12.50-13.35 | | | 09.30-10.15 | 19.15-20.00 | | |
| PILATES | 20.00-20.45 | 09.30-10.15 | 10.15-11.00 | | | 09.00-09.45 | |
| POSTURALE | 09.30-10.15 | | | | | | |
| SOFT TONE | | 08.45-09.30 | | | | | |
| TAI CHI | 08.30-09.30 | | | 10.30-11.30 | | | |
| TOTAL BODY | | | 18.30-19.15 | | 09.00-09.45 | | |
| YOGA | | | 20.00-21.00 | | 09.45-10.30 | | |
| ZUMBA FIT | 19.15-20.00 | | | | | | |