



mioclub

# Planning corsi

2023/2024

## CASSANO MAGNAGO

AQUA

CORSO	L	Ma	Me	G	V	S	D
AQUA ANTALGICA		19.15-19.45		10.30-11.00			
AQUA BIHE		9.00-9.45 19.00-19.45	12.50-13.35	8.45-9.30	19.00-19.45		
AQUA DEEP	9.30-10.15 19.45-20.30	9.45-10.30	8.45-9.30	9.30-10.15 19.45-20.30	12.50-13.35		10.30-11.15
AQUA DUATHLON-VP			19.00-19.45				
AQUA LOW	8.45-9.30 12.50-13.35 19.00-19.45		9.30-10.15 19.45-20.30	19.00-19.45	9.00-9.45		

OLISTICO

BACH SCHOOL			9.45-10.30				
DOLCE RISVEGLIO		9.15-10.00					
FLOW STRETCH				9.45-10.30			
PILATES			9.00-9.45		19.00-19.45	9.30-10.15	
POSTURALE	9.45-10.30				9.45-10.30		
TAI CHI	8.45-9.45			8.45-9.45			
YOGA		10.00-11.00	20.00-21.00				

TONE & FUN

BODY TONE	12.50-13.35						
BODY WELLNESS			10.30-11.15				
CORE STABILITY			18.30-19.15				
CROSS TRAINING					18.15-19.00		
FITBOXE	19.30-20.15			12.50-13.35 18.45-19.30			
FUNCTIONAL		18.00-18.45		18.00-18.45			
GAG	18.45-19.30			19.30-20.15			
MIOPUMP		18.45-19.30					
MOVIDA		12.50-13.35 19.30-20.15		10.30-11.15			
SOFT TONE	10.30-11.15				9.00-9.45		
TOTAL BODY			19.15-20.00				