



# Planning corsi

## TRADATE

2023/2024

AQUA

OLISTICO

TONE & FUN

| CORSO         | L           | Ma          | Me          | G           | V           | S           | D                             |
|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------------------------|
| AQUA CIRCUIT  |             |             | 19.00-19.45 |             |             |             |                               |
| AQUA CORE     | 9.15-10.00  |             | 9.15-10.00  |             |             |             |                               |
| AQUA TONE     | 19.15-20.00 |             |             | 15.00-15.45 | 19.00-19.45 |             |                               |
| ANTALGICA     |             | 10.00-10.45 |             | 10.00-10.45 |             |             |                               |
| FLOW STRETCH  | 10.15-11.00 |             |             | 9.15-10.00  |             |             |                               |
| MOBILITY      |             |             | 10.15-11.00 |             | 10.15-11.00 |             |                               |
| PILATES       |             | 10.45-11.30 | 19.45-20.30 |             | 11.00-11.45 | 11.00-11.45 |                               |
| POSTURALE     |             |             | 11.00-11.45 |             |             |             |                               |
| POWER YOGA    |             |             |             | 19.45-20.45 |             |             |                               |
| AERO DANCE    |             | 19.00-19.45 |             |             |             |             |                               |
| BODY TONE     | 19.30-20.15 |             | 12.45-13.30 |             |             |             |                               |
| CORE & LEGS   | 18.45-19.30 |             |             |             |             |             |                               |
| FITBOXE       |             |             |             |             | 19.15-20.00 |             |                               |
| GAG           |             |             | 19.00-19.45 |             |             |             |                               |
| GROUP CYCLING | 19.30-20.20 |             | 19.00-19.50 |             |             |             | 10.30-11.45<br>dal 5 novembre |
| MET           | 12.45-13.30 |             |             | 18.15-19.00 |             |             |                               |
| MIO PUMP      |             |             |             |             | 18.30-19.15 |             |                               |
| MOVIDA        | 11.00-11.45 |             |             | 19.00-19.45 |             |             |                               |
| FUNCTIONAL    | 18.00-18.45 |             |             |             |             |             |                               |
| STEP & TONE   |             | 19.45-20.30 |             |             |             |             |                               |