

PLANNING CORSI

2023



	MARTEDI'		GIOVEDI'	
LUNEDI'	08:30/09:15 BODYTONIC	MERCOLEDI'	08:30/09:15 BODYTONIC	VENERDI'
08:40/09:25 ACQUATONE	10:30/11:15 POSTURAL	08:30/9:15 HYDROBIKE	09:30/10:15 TOTAL BODY	08:30/09:15 ACQUATONE
10:00/10:45 DINAMIC BALANCE	11:30/12:15 BODYTONIC	11:30/12:15 ACQUATONE	10:00/11:00 PILATES	11:30/12:15 ACQUATONE
11:30/12:15 ACQUATONE	15:00/15:45 ACQUATONE	17:30/18:15 ACQUATONE	10:30/11:15 POSTURAL	13:30/14:15 GAG
12:45/13:45 PILATES	15:45/16:30 POSTURAL	18:30/19:15 BODYTONIC	11:30/12:15 BODYTONIC	18:15/19:00 ACQUATONE
18:00/18:45 ACQUABALL	18:00/18:45 ACQUAGAG	19:00/19:45 ENERGY TONE	15:00/15:45 ACQUATONE	18:30/20:00 LASER COMBACT Kids
18:15/19:00 TOTALBODY	18:30/19:15 MOVIDA	19:30/20:15 HYDROBIKE	15:30/16:15 POSTURAL	18:45/19:30 MOVIDA
19:15/20:00 ACQUAGAG	19:00/19:45 BODYTONIC	19:45/20:30 POSTURAL	18:00/18:45 HYDROBIKE	19:30/20:15 BODYTONIC
19:00/19:45 CROSSTRaining	19:15/20:00 STEP&TONE	20:15/21:00 HYDROBIKE	18:30/19:15 STEP&TONE	19:30/20:15 CROSSTRaining
20:00/20:45 ACQUATONE	20:00/20:45 HYDROBIKE	20:30/21:15 GAG	19:00/19:45 ACQUABALL	21:00/22:30 LASER COMBACT
20:00/20:45 ENERGY TONE	20:00/20:45 FITNESS BAND		19:15/20:00 GAG	

LEGENDA

FITNESS ACQUA

FITNESS TERRA

CORSI SPECIALI

CHIUSURE EVENTS PER FESTIVITA'

8/4/23-10/4/23 PASQUA
25/04/2023 LIBERAZIONE
01/05/2023 PRIMO MAGGIO
02/06/2023
FESTA DELLA REPUBBLICA

19:45/20:30
ACQUATONE

20:00/21:00
PILATES

20:30/21:15
ACQUAGAG

21:00/22:30
LASER COMBACT

☎ 039.24.54.380

☎ 331.28.16.223

f events

📷 eventspalestra