

PLANNING CORSI 2023/24



	MARTEDI'	MERCOLEDI'	GIOVEDI'	
LUNEDI'	08:30/09:15 BODYTONIC	08:30/9:15 HYDROBIKE	08:30/09:15 BODYTONIC	VENERDI'
08:30/09:15 ACQUAFITNESS	10:30/11:15 POSTURALE	11:15/12:00 POSTURALE	09:30/10:15 TOTAL BODY	08:30/09:15 ACQUAFITNESS
10:00/10:45 DINAMIC BALANCE	11:30/12:15 BODYTONIC	11:30/12:15 ACQUAFITNESS	10:30/11:15 POSTURALE	10:00/10:45 GAG
11:30/12:15 ACQUAFITNESS	15:00/15:45 ACQUAFITNESS	13:00/13:45 CROSSTRaining	11:30/12:15 BODYTONIC	10:45/11:45 PILATES
12:45/13:45 PILATES	15:45/16:30 POSTURAL	17:30/18:15 ACQUAFITNESS	15:30/16:15 BODYTONIC	11:30/12:15 ACQUAFITNESS
13:00/13:45 CROSSTRaining	18:00/18:45 ACQUAGAG	18:15/19:00 BODYTONIC	15:30/16:15 POSTURALE	13:30/14:15 GAG
18:20/19:05 ACQUAFITNESS	18:30/19:15 MOVIDA	18:30/19:15 ENERGY TONE	18:20/19:05 HYDROBIKE	18:00/18:45 ACQUAFITNESS
17:30/18:15 POSTURALE	18:45/19:30 BODYTONIC	19:00/19:45 HYDROBIKE	18:30/19:15 STEP&TONE	18:30/20:00 LASER COMBACT Kids
18:00/18:45 GAG	19:15/20:00 STEP&TONE	19:00/19:45 TOTALBODY	18:30/19:15 AMACHE	18:45/19:30 MOVIDA
18:15/19:00 TOTALBODY	20:00/20:45 HYDROBIKE	19:15/20:00 POSTURALE	19:05/19:50 ACQUABALL	18:45/19:30 ACQUAGAG
19:05/19:50 BODYTONIC	20:00/20:45 CROSSTRaining	19:45/20:30 HYDROBIKE	19:15/20:00 GAG	19:30/20:15 BODYTONIC
19:10/19:55 CROSSTRaining	LEGENDA FITNESS ACQUA FITNESS TERRA CORSI SPECIALI	20:00/20:45 GAG	19:30/20:30 PILATES	19:30/20:15 CROSSTRaining
19:50/20:35 ACQUAFITNESS		20:30/21:15 ACQUAFITNESS	19:50/20:35 ACQUATONE	21:00/22:30 LASER COMBACT
20:00/20:45 ENERGY TONE	039.24.54.380 331.28.16.223	events eventspalestra	20:35/21:20 ACQUAGAG	20:15/21:00 HYDROBIKE

DAL 30/03/2024 AL 2/04/2024 PASQUA
25/04/2024 ANNIVERSARIO DELLA LIBERAZIONE
1/05/2024 FESTA DEL LAVORO