

ORARI CORSI

◇ Bassa Intensità

◇◇ Media Intensità

◇◇◇ Alta Intensità

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10:00 - 11:00 G.A.G. + GLIDING DISC Tony I. ◇◇	10:00 - 11:00 BODY BALANCE Gloria ◇	10:00 - 11:00 MULTITONIC Tony I. ◇◇	10:00 - 11:00 SUPER TONE Sonia ◇◇	9:30 - 10:30 T.B.W. Paulo ◇◇	
	10:00 - 10:45 AQUAGYM Paulo ◇		10:00 - 10:45 AQUAGYM Gloria ◇	10:35 - 11:35 STRETCHING Paulo ◇	12:30 - 13:30 BODY CONDITIONING Monica N. ◇◇
11:05 - 12:05 STRETCH - PILATES Tony I. ◇	11:05 - 12:05 STRETCHING Tony I. ◇	11:05 - 12:05 PILATES MATTOGETHER Tony I. ◇	11:05 - 12:05 POWER STRETCH Paulo ◇	11:40 - 12:40 BODY BALANCE Sonia ◇◇◇	
	13:15 - 14:15 TOTAL TONE Cristina S. ◇◇ Sala 2				
13:15 - 14:15 ACTIVE PUMP Simona G. ◇◇	13:15 - 14:15 ORIENTAL GYM Martina ◇	13:15 - 14:15 PILATES Simona G. ◇◇	13:15 - 14:15 GYMSTICK + GLIDING DISC Simona G. ◇	13:00 - 14:00 ROCKY WORKOUT Rocky M. ◇◇◇	
13:15 - 14:00 AQUA TONIC Paulo ◇	13:15 - 14:00 AQUAGYM Paulo ◇	13:15 - 14:00 AQUA TONIC Paulo ◇	13:15 - 14:00 AQUAGYM Cristina ◇◇◇	13:15 - 14:00 AQUABALL Paulo ◇◇	
13:15 - 14:15 ACTIVE SPIN Irene P. ◇◇◇	13:00 - 14:00 ACTIVE SPIN Rocky M. ◇◇◇	13:15 - 14:15 ACTIVE SPIN Erika S. ◇◇◇	13:00 - 14:00 ACTIVE SPIN Rocky M. ◇◇◇	13:15 - 14:15 ACTIVE SPIN Monica N. ◇◇◇	
18:00 - 19:00 PETTO - ADDOME - GLUTEI TONE Gloria ◇◇	17:45 - 18:45 POWER JOGI Melania ◇◇ Sala 2	18:00 - 18:30 BODY ART + FIT BALL Monica N. ◇	18:00 - 19:00 G.A.G. Thierno ◇◇	18:00 - 19:00 TONIFICAZIONE Paulo ◇◇	
19:00 - 20:00 ACTIVE PUMP Monica B. ◇◇	18:45 - 19:45 G.A.G. Greta ◇◇ Sala 2	18:30 - 19:00 GRID TONE Monica N. ◇◇	18:45 - 19:30 AQUAGYM Katia ◇◇	19:00 - 20:00 ACTIVE SPIN Marta ◇◇◇	
19:00 - 20:00 FIT BOXE Marco C. ◇◇◇ Sala 2	18:30 - 19:15 FIT BALL Simona G. ◇◇	19:00 - 19:45 G.A.G. METABOLICO Monica N. ◇◇	19:00 - 20:00 FIT BOXE Thierno ◇◇◇ Sala 2	19:00 - 20:00 ZUMBA Paulo ◇◇	
19:00 - 19:45 AQUAGYM Gloria ◇◇	18:45 - 19:30 AQUA TONIC Giulia ◇	19:30 - 20:30 ACTIVE SPIN Cosimo M. ◇◇◇			
19:30 - 20:30 ACTIVE SPIN Katia P. ◇◇◇	19:15 - 20:15 PILATES MATTOGETHER Simona G. ◇	19:00 - 19:45 AQUAGYM Gloria ◇	19:30 - 20:30 PILATES - FIT Sonia ◇		
20:00 - 20:30 ADDOME + GLUTEI TONE Monica B. ◇◇		20:00 - 21:00 ACTIVE PUMP Monica B. ◇◇			