

# ORARIO

## 2020

AQUARIUM CLUB Srl tel.040637337

Orario sala fitness

da LUNEDI' a VENERDI 06.00/22.00

SABATO 08.00/19.30

DOMENICA 08.00/13.00

LUNEDI'	MARTEDI'	MERCOLEDI	GIOVEDI'	VENERDI'	SABATO
	<b>TRIPTONIC</b> <u>09.00-10.00</u> Denis		<b>TRIPTONIC</b> <u>09.00-10.00</u> Denis		
<b>BODY MIND</b> <u>10.00-11.00</u> Liuba		<b>BODY MIND</b> <u>10.00-11.00</u> Liuba		<b>BODY MIND</b> <u>10.00-11.00</u> Liuba	<b>Happy Week end</b> <u>10.00-11.00</u> Liuba/Denis
<b>TRIPTONIC</b> <u>13.00-14.00</u> Denis	<b>STEP TONIC</b> <u>13.15-14.15</u> Zsanett	<b>POSTURAL</b> <u>13.00-14.00</u> Riccardo	<b>TOTAL BODY MIX</b> <u>13.15-14.15</u> Zsanett	<b>POSTURAL</b> <u>13.00-14.00</u> Riccardo	
<b>POSTURAL</b> <u>14.00-15.00</u> Riccardo		<b>FUNCTIONAL</b> <b>GYM SYSTEM</b> <u>14.00-15.00</u> Liuba		<b>FUNCTIONAL</b> <b>GYM TRX</b> <u>14.00-15.00</u> Denis	
<b>PILATES</b> <u>17.00-18.00</u> Liuba	<b>TOTAL BODY MIX</b> <u>17.00-18.00</u> Zsanett	<b>YOGA FLEX</b> <u>17.00-18.00</u> Denis	<b>ZumFIT</b> <u>17.00-18.00</u> Zsanett	<b>CIRCUIT PUMP</b> <u>17.00-18.00</u> Liuba	
<b>BODY FIT</b> <u>18.00-19.00</u> Liuba	<b>PIRAMID</b> <b>WORKOUT</b> <u>18.00-19.00</u> Denis	<b>CIRCUIT PUMP</b> <u>18.00-19.00</u> Liuba	<b>PIRAMID</b> <b>WORKOUT</b> <u>18.00-19.00</u> Denis	<b>YOGA FLEX</b> <u>18.00-19.00</u> Denis	
<b>POSTURAL</b> <u>19.00-20.00</u> Riccardo	<b>CARDIOCIRCUIT</b> <u>19.00-20.00</u> Zsanett	<b>POSTURAL</b> <u>19.00-20.00</u> Riccardo	<b>TOTAL BODY MIX</b> <u>19.00-20.00</u> Zsanett	<b>PILATES</b> <u>19.00-20.00</u> Liuba	
<b>FIT BOX</b> <u>20.00-21.00</u> Zsanett	<b>MUAI THAY SELF</b> <b>DEFENCE</b> <u>20.15-21.30</u> Denis	<b>FIT BOX</b> <u>20.00-21.00</u> Marco	<b>MUAI THAY SELF</b> <b>DEFENCE</b> <u>20.15-21.30</u> Denis	<b>FIT BOX</b> <u>20.00-21.00</u> Marco	

# ORARIO CORSI

*Small group*

**AQUARIUM CLUB Srl tel.040637337**

**Orario sala fitness**

da LUNEDI' a VENERDI **06.00/22.00**

SABATO **08.00/19.30**

DOMENICA **08.00/13.00**

LUNEDI'	MARTEDI'	MERCOLEDI	GIOVEDI'	VENERDI'	SABATO
<b>SPINNING</b> <b>09.30-10.20</b> <b><u>Tiziana</u></b>		<b>SPINNING</b> <b>09.30-10.20</b> <b><u>Zsanett</u></b>	<b>SPINNING</b> <b>09.30-10.20</b> <b><u>Tiziana</u></b>		
	<b>WBS</b> <b>10.30-11.20</b> <b><u>Valentina/Zsanett</u></b>		<b>WBS</b> <b>10.30-11.20</b> <b><u>Valentina/Zsanett</u></b>		
<b>SPINNING</b> <b>13.00-13.50</b> <b><u>Tiziana</u></b>		<b>SPINNING</b> <b>13.00-13.50</b> <b><u>Zsanett</u></b>		<b>SPINNING</b> <b>13.00-13.50</b> <b><u>Tiziana</u></b>	
	<b>SPINNING</b> <b>18.00-18.50</b> <b><u>Zsanett</u></b>	<b>TOP STEP</b> <b>18.30-19.20</b> <b><u>Zsanett</u></b>	<b>SPINNING</b> <b>18.00-18,50</b> <b><u>Zsanett</u></b>		
<b>X-endurance</b> <b>19.00-19.50</b> <b><u>Zsanett</u></b>		<b>SPINNING</b> <b>19.30-20.20</b> <b><u>Tiziana</u></b>		<b>SPINNING</b> <b>19.00-19.50</b> <b><u>Tiziana</u></b>	