

Orario Corsi Aquarium Club



Lunedì 16	Martedì 17	Mercoledì 18	Giovedì 19	Venerdì 20	Sabato 21
	Triptonic 09:00-10:00		Triptonic 09:00-10:00		
BODY MIND 10:00-11:00		BODY MIND 10:00-11:00		BODY MIND 10:00-11:00	
Triptonic 13:00-14:00		POSTURAL 13:00-14:00	Total body mix 13:15-14:15	POSTURAL 13:00-14:00	
POSTURAL 14:00-15:00					
Pilates 17:00-18:00		Yoga Flex 17:00-18:00			
BODY FIT 18:00-19:00	Piramic workout 18:00-19:00	Circuit pump 18:00-19:00	Piramic workout 18:00-19:00	Yoga Flex 18:00-19:00	
POSTURAL 19:00-20:00	Cardio circuit 19:00-20:00	POSTURAL 19:00-20:00	Total body mix 19:00-20:00		
Fit box 20:00-21:00	Muai Thay Self defence 20:15-21:30	Fit box 20:00-21:00	Muai Thay Self defence 20:15-21:30	Fit box 20:00-21:00	