

Orario Corsi Aquarium Club



Lunedì 25	Martedì 26	Mercoledì 27	Giovedì 28	Venerdì 29	Sabato 30
	Tonificazione 09:00-09:50		Tonificazione 09:00-09:50		
Miofasciale 10:00-10:50	Posturale 10:00-10:50	Miofasciale 10:00-10:50		Posturale 10:00-10:50	
Spinning 13:00-13:50	Total body 13:00-13:50	Spinning 13:00-13:50		Total body 13:00-13:50	
Yoga Fitness 14:10-15:00		Pilates 14:00-14:50	Yoga Fitness 14:10-15:00	Pilates 14:00-14:50	
Postural Yoga therapy 18:00-18:50	Spinning 18:00-18:50	Postural Yoga therapy 18:00-18:50	Spinning 18:00-18:50	Pilates 18:00-18:50	
Interval training 19:00-19:50	Metabolic training 19:10-20:00	Interval training 19:00-19:50	Metabolic training 19:10-20:00	BODY PUMP 19:00-19:50	
Fit Box 20:00-20:50	Pilates 20:00-20:50	Fit Box 20:00-20:50	Pilates 20:00-20:50		