

# Orario Corsi Aquarium Club



Lunedì 19	Martedì 20	Mercoledì 21	Giovedì 22	Venerdì 23	Sabato 24
	Tonicgym 09:00-09:50		Tonicgym 09:00-09:50		
<b>BODY MIND</b> 10:00-10:50	Wellback system funz 10:30-11:20	<b>BODY MIND</b> 10:00-10:50	Wellback system funz 10:30-11:20	<b>BODY MIND</b> 10:00-10:50	
<b>Spinning</b> 13:00-13:50	STEP TONIC 13:10-14:00	<b>Spinning</b> 13:00-13:50	<b>Total body mix</b> 13:10-14:00	<b>POSTURAL</b> 13:00-13:50	
<b>Circuit pump</b> 14:10-15:00	Potent Yoga Therapy 14:05-14:55	TRX 14:10-15:00	Potent Yoga Therapy 14:05-14:55	<b>Circuit pump</b> 14:10-15:00	
Wellback system funz 15:30-16:20		Wellback system funz 15:30-16:20			
<b>Pilates</b> 17:00-17:50	<b>Total body mix</b> 17:00-17:50	TRX 17:00-17:50	<b>ZumFit</b> 17:00-17:50	<b>Pilates</b> 17:00-17:50	
<b>BODY FIT</b> 18:00-18:50	<b>Cardio circuit</b> 18:00-18:50	<b>Circuit pump</b> 18:00-18:50	<b>Spinning</b> 18:00-18:50	<b>F.Y.T.</b> 18:00-18:50	
Potent Yoga 19:00-19:50	<b>Spinning</b> 19:00-19:50	Potent Yoga 19:00-19:50	<b>Total body mix</b> 19:10-20:00	<b>Spinning</b> 19:00-19:50	
Fit box 20:00-20:50	<b>KICK BOXING</b> 20:10-21:40	Fit box 20:00-20:50	<b>KICK BOXING</b> 20:10-21:40	<b>KICK BOXING</b> 20:10-21:40	