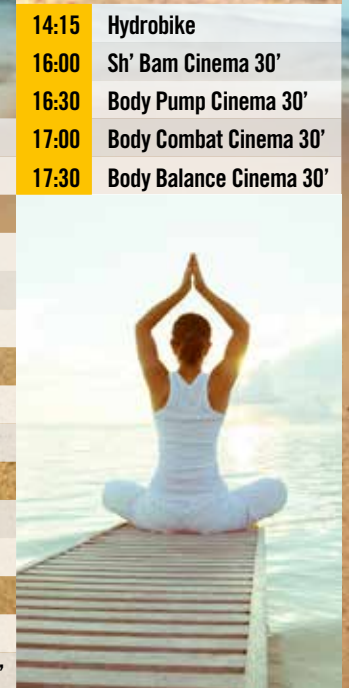


Summer Planning valido dal 17 al 30 Luglio 2017



	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
08:00	Body Balance Cinema 30'		08:00	Body Combat Cinema 30'	08:00	Body Combat Cinema 30'
08:30	Pilates		08:30	G.P.G.	08:30	Pilates
			10:00	G.P.G.		
10:10	Well Back	10:00	10:10	Well Back 30'	10:10	Well Back
10:00	Acqua Fit Bike	10:00	10:00	Hydrobike	10:00	Acqua Fit Bike
11:00	Body Pump Cinema	10:30	11:00	Controllo Add. 30'	11:00	Body Pump Cinema
11:00	Acqua Summer	11:00		Body Pump Cinema		
		11:00		Acquagym		
12:30	Aerotonica	12:00	12:30	Body Balance Cinema 30'	12:30	Aerotonica
		12:30		Pilates 30'		
		13:00		Well Back 30'		
		13:00		Controllo Add. 30'		
13:30	Well Back	13:20	13:30	Acqua Gym Circuit	13:30	G.P.G.
13:30	Acqua Gym Circuit		13:30	Pilates	13:30	Hydrobike
13:30	Group Cycling	13:30	13:30	Acqua Gym Circuit	13:30	Group Cycling
13:30	Body Pump	13:30	13:30	Group Cycling	13:30	Body Pump
		14:00		Rebound 30'	13:30	
				14:00		
		14:30		Circuito Addome 30'		
				14:30		
				Hydrobike		
17:00	Corpo Libero		17:00		17:00	Corpo Libero
		18:00			17:00	Body Pump Cinema
		18:00			17:00	Body Combat Cinema 30'
					17:30	Body Balance Cinema 30'
		18:00				
18:00	Well Back	18:00	18:00	Postural Pilates	18:00	Postural Stretching
		18:00	18:00	Feldenkrais	18:15	Sh' Bam Cinema
18:15	G.A.G.		18:15		18:15	G.A.G.
		18:30	18:30	Group Cycling		
19:00	Body Pump	19:00	19:00	Hydrobike	19:00	Body Combat Cinema 30'
19:00	Acqua Tonic	19:00	19:00	Body Pump	19:00	Acqua Summer
19:10	Feldenkrais	19:00	19:00	Body Ballet		
19:30	Group Cycling	19:10	19:15	Acqua Power		
		19:30	19:15	Hydrobike		
		19:30	19:30	Group Cycling		
				19:30		
				Round Fit	19:30	Sh' Bam Cinema 30'
					20:00	Body Pump Cinema 30'
19:50	Acqua Gym Circuit	19:50	19:50	Acqua Summer		
20:45	Body Combat Cinema 30'	20:30	20:45		20:30	Body Combat Cinema 30'
21:15	Body Balance Cinema 30'	21:00	21:15	Body Combat Cinema 30'	21:00	Body Balance Cinema 30'
				21:00		
				Body Balance Cinema 30'	21:00	Body Balance Cinema 30'



Lunedì		Martedì		Mercoledì		Giovedì		Venerdì	
08:00	Body Balance Cinema 30'			08:00	Body Combat Cinema 30'			08:00	Body Combat Cinema 30'
		10:00	Hydrobike			10:00	Hydrobike		
10:00	G.P.G.	10:00	Well Back	10:00	G.P.G.	10:00	Well Back	10:00	G.P.G.
11:00	Body Pump Cinema	11:00	Body Pump Cinema	11:00	Body Pump Cinema	11:00	Body Pump Cinema	11:00	Body Pump Cinema
		12:00	Body Balance Cinema 30'			12:00	Body Balance Cinema 30'		
		13:00	Well Back 1/2			13:00	Well Back 1/2		
13:30	Circuito OMNIA 45'	13:30	Abdominal S, 1/2	13:30	Circuito OMNIA 45'	13:30	Abdominal S, 1/2	13:30	Circuito OMNIA 45'
13:30	Acquagym Circuit	13:30	Group Cycling	13:30	Acquagym Circuit	13:30	Group Cycling	13:30	Hydrobike
13:30	Body Pump Cinema			13:30	Body Combat Cinema 30'			13:30	Body Pump Cinema
				14:00	Body Balance Cinema 30'				
14:30		14:30	Hydrobike			14:30	Hydrobike		
17:00	Sh' Bam Cinema			17:00	Sh' Bam Cinema			17:00	Body Pump Cinema
18:00	Well Back	18:00	G.P.G.	18:00	Well Back	18:00	G.P.G.	18:00	Postural Stretching
		18:30	Group Cycling	18:30	Hydrobike	18:30	Group Cycling	18:30	Sh' Bam Cinema
19:00	Circuito OMNIA 45'	19:00	Circuito OMNIA 45'	19:00	Circuito OMNIA 45'	19:00	Circuito OMNIA 45'		
19:00	Acquagym Circuit	19:00	Acquagym Circuit			19:00	Acquagym Circuit		
19:00	Body Pump Cinema	19:00	Sh' Bam Cinema	19:00	Body Pump Cinema	19:00	Sh' Bam Cinema	19:00	Body Combat Cinema 30'
				19:15	Hydrobike				
								19:50	Sh' Bam Cinema 30'
								19:50	Body Pump Cinema 30'
								20:00	Body Combat Cinema 30'
20:45	Body Combat Cinema 30'	20:30	Body Balance Cinema 30'	20:45	Sh' Bam Cinema 30'	20:30	Body Combat Cinema 30'	20:00	Body Balance Cinema 30'
21:15	Body Balance Cinema 30'	21:00	Body Combat Cinema 30'	21:15	Body Combat Cinema 30'	21:00	Body Balance Cinema 30'		



## NEWS!

Oltre alle lezioni in Planning, richiedi quando vuoi il tuo corso "Cinema" preferito!  
 Scegli tra: **Sh' Bam** • **Body Pump** • **Body Balance** • **Body Combat**

*Summer Planning valido  
dal 7 all'11 e dal 16 al 25 Agosto 2017*

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
08:30	Body Balance Cinema	08:30 Body Balance Cinema	08:30 Body Balance Cinema	08:30 Body Balance Cinema	08:30 Body Balance Cinema
10:00	Circuito OMNIA 30'	10:00 Circuito OMNIA 30'	10:00 Circuito OMNIA 30'	10:00 Circuito OMNIA 30'	10:00 Circuito OMNIA 30'
11:00	Body Pump Cinema	11:00 Body Combat Cinema 30'	11:00 Body Pump Cinema	11:00 Body Combat Cinema 30'	
		11:30 Body Pump Cinema 30'		11:30 Body Pump Cinema 30'	
12:30	Body Balance Cinema	12:30 Body Balance Cinema	12:30 Body Balance Cinema	12:30 Body Balance Cinema	12:30 Body Balance Cinema
13:30	Circuito OMNIA 45'	13:30 Circuito OMNIA 45'	13:30 Circuito OMNIA 45'	13:30 Circuito OMNIA 45'	13:30 Circuito OMNIA 45'
13:30	Body Pump Cinema	13:30 Body Combat Cinema 30'	13:30 Sh' Bam Cinema	13:30 Body Combat Cinema 30'	13:30 Body Pump Cinema
		14:00 Body Pump Cinema 30'		14:00 Body Pump Cinema 30'	
17:00	Sh' Bam Cinema	17:00 Body Combat Cinema 30'	17:00 Sh' Bam Cinema	17:00 Body Combat Cinema 30'	17:00 Body Combat Cinema 30'
		18:00 Body Balance Cinema 30'		18:00 Body Balance Cinema 30'	18:00 Body Balance Cinema 30'
18:00	Body Balance Cinema		18:00 Body Balance Cinema		18:00 Sh' Bam Cinema
19:00	Circuito OMNIA 45'	19:00 Circuito OMNIA 45'	19:00 Circuito OMNIA 45'	19:00 Circuito OMNIA 45'	
19:00	Body Pump Cinema	19:00 Body Combat Cinema 30'	19:00 Body Pump Cinema	19:00 Body Combat Cinema 30'	19:00 Body Pump Cinema
		19:30 Body Balance Cinema 30'		19:30 Body Balance Cinema 30'	
20:00	Body Combat Cinema 30'	20:00 Body Pump Cinema	20:00 Body Combat Cinema 30'	20:00 Body Pump Cinema	20:00 Body Combat Cinema 30'
20:30	Body Balance Cinema 30'		20:30 Body Balance Cinema 30'		20:30 Body Balance Cinema 30'



*Nuovo Summer Planning dal 28 Agosto al 10 Settembre 2017  
Dall'11 Settembre 2017 riprenderanno tutte le lezioni*

*Summer Planning valido dal 28 Agosto al 10 Settembre 2017*

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato			
08:00	Body Balance Cinema 30'		08:00	Body Combat Cinema 30'	08:00	Body Combat Cinema 30'			
08:30	Pilates		08:30	G.P.G.	08:30	Pilates			
			10:00	G.P.G.					
10:10	Well Back	10:00	10:10	Well Back	10:10	Well Back			
10:00	Acqua Fit Bike	10:00	10:00	Acqua Fit Bike	10:00	Acqua Fit Bike			
11:00	Body Pump Cinema	10:30	11:00	Body Pump Cinema	11:00	Body Pump Cinema			
11:00	Acqua Summer	11:00		11:00	Body Pump Cinema				
		11:00		11:00	Acquagym				
12:30	Aerotonica	12:00	12:30	Aerotonica	12:30	Aerotonica			
12:30	Hydrobike	12:30		12:30	Pilates 30'	12:30	Acqua Gym Circuit		
		13:00		13:00	Well Back 30'	12:45	Hydrobike		
		13:00		13:00	Controllo Add. 30'				
13:30	Well Back	13:20	13:30	Pilates	13:20	Acqua Gym Circuit	13:30	Hydrobike	
13:30	Acqua Gym Circuit		13:30	Acqua Gym Circuit		13:30	G.P.G.	13:30	Hydrobike
13:30	Group Cycling	13:30	13:30	Group Cycling	13:30	Group Cycling	13:30	Group Cycling	
13:30	Body Pump	13:30		13:30	Rebound 30'	13:30	Body Pump		
		14:00		14:00	Circuito Addome 30'				
		14:30		14:30	Hydrobike			14:15	Hydrobike
17:00	Corpo Libero		17:00	Corpo Libero	17:00	Corpo Libero	17:00	Body Combat Cinema 30'	
		18:00			17:00	Body Pump Cinema	17:30	Body Balance Cinema 30'	
		18:00		18:00	Postural Pilates				
18:00	Well Back	18:00	18:00	Well Back	18:00	Feldenkrais	18:00	Postural Stretching	
							18:15	Sh' Bam Cinema	
18:15	G.A.G.		18:15	G.A.G.			18:15	G.A.G.	
		18:30	18:30	Hydrobike	18:30	Group Cycling			
19:00	Body Pump	19:00	19:00	Body Pump	19:00	Body Ballet	19:00	Body Combat Cinema 30'	
19:00	Acqua Tonic	19:00		19:00	Acqua Power		19:00	Acqua Summer	
19:10	Feldenkrais	19:10	19:15	Hydrobike					
19:30	Group Cycling	19:30	19:30	Group Cycling	19:30	Round Fit	19:30	Sh' Bam Cinema 30'	
							20:00	Body Pump Cinema 30'	
19:50	Acqua Gym Circuit	19:50		19:50	Acqua Summer		20:30	Body Combat Cinema 30'	
20:45	Body Combat Cinema 30'	20:30	20:45	Sh' Bam Cinema 30'	20:30	Body Combat Cinema 30'	21:00	Body Balance Cinema 30'	
21:15	Body Balance Cinema 30'	21:00	21:15	Body Combat Cinema 30'	21:00	Body Balance Cinema 30'			

