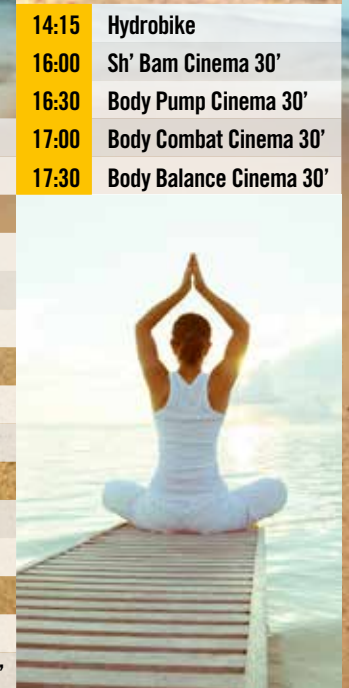


Summer Planning valido dal 17 al 30 Luglio 2017



	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	10:00	10:10	Well Back
10:00	Acqua Fit Bike	10:00	10:00	Acqua Fit Bike	10:00	10:00	Acqua Fit Bike
11:00	Body Pump Cinema	10:30	11:00	Body Pump Cinema	10:30	11:00	Body Pump Cinema
11:00	Acqua Summer	11:00		11:00	11:00		
		11:00		11:00			
		11:00		11:00			
12:30	Aerotonica	12:00	12:30	Aerotonica	12:00	12:30	Aerotonica
		12:30		12:30			
		12:30		12:30			
		13:00		13:00			
		13:00		13:00			
13:30	Well Back	13:20	13:30	Pilates	13:20	13:30	G.P.G.
13:30	Acqua Gym Circuit		13:30	Acqua Gym Circuit		13:30	Hydrobike
13:30	Group Cycling	13:30	13:30	Group Cycling	13:30	13:30	Group Cycling
13:30	Body Pump	13:30		13:30	13:30	13:30	Body Pump
		14:00		14:00			
		14:30		14:30			
		14:30		14:30			
		14:30		14:30			
17:00	Corpo Libero		17:00	Corpo Libero	17:00	17:00	Corpo Libero
					17:00	17:00	Body Pump Cinema
		18:00		18:00			
18:00	Well Back	18:00	18:00	Well Back	18:00	18:00	Postural Stretching
		18:00		18:00		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		
19:00	Body Pump	19:00	19:00	Body Pump	19:00	19:00	Body Combat Cinema 30'
19:00	Acqua Tonic	19:00		19:00	19:00	19:00	Acqua Summer
19:10	Feldenkrais	19:10	19:15	Hydrobike			
19:30	Group Cycling	19:30	19:30	Group Cycling	19:30	19:30	Sh' Bam Cinema 30'
					20:00	20:00	Body Pump Cinema 30'
19:50	Acqua Gym Circuit	19:50		19:50			
20:45	Body Combat Cinema 30'	20:30	20:45	Sh' Bam Cinema 30'	20:30	20:30	Body Combat Cinema 30'
21:15	Body Balance Cinema 30'	21:00	21:15	Body Combat Cinema 30'	21:00	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*

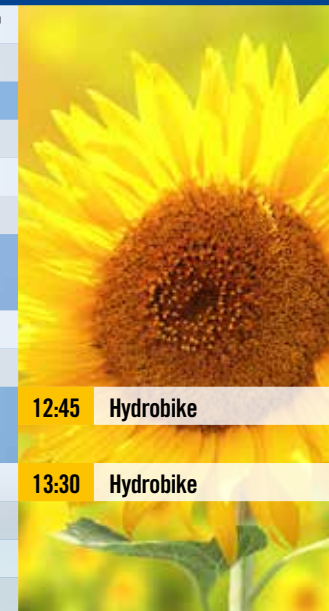
	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
08:30	Body Balance Cinema	08:30 Body Balance Cinema	08:30 Body Balance Cinema	08:30 Body Balance Cinema	08:30 Body Balance Cinema
10:00	Circuito OMNIA 30'	10:00 Circuito OMNIA 30'	10:00 Circuito OMNIA 30'	10:00 Circuito OMNIA 30'	10:00 Circuito OMNIA 30'
11:00	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 2 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	G.P.G.	08:30	08:30	G.P.G.	08:30	G.P.G.			
			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	Group Cycling	13:30	13:30	Group Cycling	13:30	Group Cycling	13:30	Hydrobike	
13:30	Circuito OMNIA 45'	13:30	13:30	Group Cycling	13:30	Group Cycling	13:30	Group Cycling	
		14:00		14:00	Rebound 30'	13:30	13:30	Circuito OMNIA 45'	
		14:30		14:30	Circuito Addome 30'				
				14:30	Hydrobike			14:15	Hydrobike
17:00	Corpo Libero		17:00	Corpo Libero	17:00	Corpo Libero	16:00	Sh' Bam Cinema 30'	
		18:00			17:00	Body Pump Cinema	16:30	Body Pump Cinema 30'	
		18:00		18:00	Postural Pilates		17:00	Body Combat Cinema 30'	
18:00	Well Back	18:00	18:00	Well Back	18:00	Feldenkrais	17:30	Body Balance Cinema 30'	
		18:00			18:00	Postural Stretching			
18:15	G.A.G.		18:15	G.A.G.	18:15	Sh' Bam Cinema	18:15	Sh' Bam Cinema	
		18:30	18:30	Hydrobike	18:15	G.A.G.		G.A.G.	
19:00	Circuito OMNIA 45'	18:30	18:30	Group Cycling	18:30	Group Cycling	19:00	Body Combat Cinema 30'	
19:00	Acqua Tonic	19:00	19:00	Hydrobike	18:30	Group Cycling	19:00	Body Ballet	
19:10	G.P.G.	19:00	19:00	Circuito OMNIA 45'	19:00	Body Ballet	19:00	Acqua Power	
19:30	Group Cycling	19:10	19:15	Hydrobike	19:00	Acqua Power	19:00	Acqua Summer	
		19:30	19:30	Group Cycling	19:30	Round Fit	19:30	Sh' Bam Cinema 30'	
					19:30	Round Fit	19:30	Sh' Bam Cinema 30'	
19:50	Acqua Gym Circuit	19:50	19:50	Acqua Summer	19:50	Acqua Summer	20:00	Body Pump Cinema 30'	
20:45	Body Combat Cinema 30'	20:30	20:45	Sh' Bam Cinema 30'	20:30	Body Combat Cinema 30'	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'	



Summer Planning valido dal 4 al 9 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	G.P.G.	08:30	Pilates		
9.00	Corpo Libero		9.00	Corpo Libero	9.00	Corpo Libero			
9.00	Circuito OMNIA 45'		9.00	Circuito OMNIA 45'	9.00	Circuito OMNIA 45'			
10.00	Pilates	10:00	Well Back 30'	10:00	G.P.G.	10:00	Well Back 30'		
10:10	Well Back	10:00	Hydrobike	10:10	Well Back	10:00	Hydrobike		
10:00	Acqua Fit Bike	10:30	Controllo Add. 30'	10:00	Acqua Fit Bike	10:30	Controllo Add. 30'		
11:00	Body Pump Cinema	11:00	Body Pump Cinema	11:00	Body Pump Cinema	11:00	Body Pump Cinema		
11:00	Acqua Summer	11:00	Acquagym	11.00	Corpo Libero	11:00	Acquagym		
11:00	Corpo Libero	12:00	Body Balance Cinema 30'	12:00	Body Balance Cinema 30'	12:30	Aerotonica		
12:30	Aerotonica	12:30	Pilates 30'	12:30	Pilates 30'	12:30	Acqua Gym Circuit		
12:30	Hydrobike			13:00	Well Back 30'		12:45	Hydrobike	
		13:00	Well Back 30'	13:30	Pilates		13:30	Hydrobike	
		13:00	Controllo Add. 30'	13:30	Acqua Gym Circuit				
13:30	Well Back	13:20	Acqua Gym Circuit	13:30	Group Cycling	13:30	G.P.G.		
13:30	Acqua Gym Circuit	13:30	Group Cycling	13:30	Circuito OMNIA 30'	13:30	Hydrobike		
13:30	Group Cycling	13:30	Rebound 30'			14:00	Group Cycling		
13:30	Body Pump	14:00	Circuito Addome 30'	14:30	Hydrobike	13:30	Body Pump	14:15	Hydrobike
		14:30	Hydrobike						
16.00	Corpo Libero		16.00	Corpo Libero	16.00	Corpo Libero	16:00	Sh' Bam Cinema 30'	
17:00	Corpo Libero		17:00	Corpo Libero	17:00	Corpo Libero	16:30	Body Pump Cinema 30'	
					17:00	Body Pump Cinema	17:00	Body Combat Cinema 30'	
		18:00	Pilates				17:30	Body Balance Cinema 30'	
18:00	Well Back	18:00	Ginnastica Ipopressiva	18:00	Well Back	18:00	Postural Stretching		
						18:15	Sh' Bam Cinema		
18:15	G.A.G.			18:15	G.A.G.	18:15	G.A.G.		
19.00	Circuito OMNIA 30'	18:30	Group Cycling	18:30	Hydrobike	18:30	Group Cycling		
19:00	Body Pump	19.00	Circuito OMNIA 30'	19.00	Circuito OMNIA 30'	19.00	Circuito OMNIA 30'	19:00	Body Combat Cinema 30'
19:00	Acqua Tonic	19:00	Body Ballet	19.00	Body Pump	19.00	Body Ballet	19:00	Acqua Summer
19:10	G.P.G.	19:00	Acqua Power	19:15	Hydrobike	19.00	Acqua Power		
19:30	Group Cycling	19.10	Feldenkrais	19:30	Group Cycling	19.10	Ginnastica Ipopressiva		
		19:30	Round Fit			19.30	Round Fit	19:30	Sh' Bam Cinema 30'
19:50	Acqua Gym Circuit	19:50	Acqua Fit Bike	19.50	Acqua Summer	20.00	Acqua Summer	20:00	Body Pump 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'	20:30	Body Combat 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'	21:00	Body Balance Cinema 30'