

Summer Planning valido dal 16 al 29 Luglio 2018

Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato	
08:30	Pilates			08:30	G.P.G.			08:30	Pilates		
08:45	Circuito OMNIA 45'							08:45	Circuito OMNIA 45'		
				09:00	Circuito OMNIA 45'						
10:00	Acqua Fit Bike	10:00	Circuito OMNIA 45'	10:00	G.P.G.	10:00	Circuito OMNIA 45'	10:00	Acqua Fit Bike		
		10:00	Well Back 30'	10:00	Acqua Fit Bike	10:00	Well Back 30'				
		10:00	Hydrobike			10:00	Hydrobike				
10:10	Well Back			10:10	Well Back			10:10	Well Back		
		10:30	Controllo Add. 30'			10:30	Controllo Add. 30'				
11:00	Acquagym Deep	11:00	Acquagym	11:00	Feldenkrais	11:00	Acquagym	11:00	Acquagym Deep		
11:00	Feldenkrais										
12:00	Well Back			12:00	G.P.I.						
		12:15	Pilates 45'			12:15	Pilates 45'				
12:30	Aerotonica			12:30	Aerotonica			12:30	Aerotonica		
12:30	Hydrobike							12:30	Acqua Gym Circuit		
				12:45	Well Back					12:45	Hydrobike
		13:00	Well Back 30'			13:00	Well Back 30'			13:30	Hydrobike
		13:20	Acqua Gym Circuit			13:20	Acqua Gym Circuit				
13:30	Acqua Gym Circuit	13:30	Controllo Add. 30'	13:30	Pilates	13:30	Controllo Add. 30'	13:30	Miofasciale		
13:30	Group Cycling	13:30	Group Cycling	13:30	Acqua Gym Circuit	13:30	Group Cycling	13:30	Hydrobike		
13:30	Body Pump	13:30	Circuito OMNIA 30'	13:30	Group Cycling	13:30	Circuito OMNIA 30'	13:30	Group Cycling		
								13:30	Body Pump		
		14:00	Circuito Addome 30'			14:00	Circuito Addome 30'			14:15	Hydrobike
		14:30	Hydrobike			14:30	Hydrobike				
17:00	Corpo Libero			17:00	Corpo Libero			17:00	Corpo Libero		
18:00	G.P.G.	18:00	Pilates	18:00	Pilates	18:00	Pilates	18:00	Postural Stretching		
18:10	Well Back	18:10	Feldenkrais	18:10	Well Back	18:10	Feldenkrais				
18:15	G.A.G.			18:15	G.A.G.			18:15	G.A.G.		
		18:30	Group Cycling	18:45	Hydrobike	18:30	Group Cycling				
19:00	Acqua Power	19:00	Body Ballet			19:00	Body Ballet	19:00	Acqua Summer		
		19:00	Acqua Power			19:00	Acqua Power				
19:10	G.P.G.			19:15	Body Pump	19:10	G.P.I.				
19:15	Body Pump	19:10	Well Back								
19:30	Group Cycling	19:30	Round Fit	19:30	Hydrobike	19:30	Round Fit				
19:50	Acqua Gym Circuit	19:50	Acqua Fit Bike	19:30	Group Cycling	19:50	Hydrobike				



Summer Planning valido dal 30 Luglio al 3 Agosto 2018



Lunedì		Martedì		Mercoledì		Giovedì		Venerdì	
10:00	G.P.G.	10:00	Hydrobike	10:00	G.P.G.	10:00	Hydrobike	10:00	G.P.G.
		10:00	Well Back			10:00	Well Back		
		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
		14:30	Hydrobike			14:30	Hydrobike		
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	18:45	Hydrobike	18:30	Group Cycling		
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		
				19:30	Hydrobike				



*Summer Planning valido
dal 6 all'10 e dal 20 al 24 Agosto 2018*

Lunedì		Martedì	
10:00	Circuito OMNIA 30'	10:00	Circuito OMNIA 30'
13:30	Circuito OMNIA 45'	13:30	Circuito OMNIA 45'
19:00	Circuito OMNIA 45'	19:00	Circuito OMNIA 45'

Mercoledì		Giovedì	
10:00	Circuito OMNIA 30'	10:00	Circuito OMNIA 30'
13:30	Circuito OMNIA 45'	13:30	Circuito OMNIA 45'
19:00	Circuito OMNIA 45'	19:00	Circuito OMNIA 45'

Venerdì	
10:00	Circuito OMNIA 30'
13:30	Circuito OMNIA 45'



*Nuovo Summer Planning dal 27 Agosto al 9 Settembre 2018
Dal 10 Settembre 2018 riprenderanno tutte le lezioni*

*Summer Planning valido
dal 27 Agosto al 1° Settembre 2018*

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