

CORSI #MÖVEMENT® DAL 19 AL 26 OTTOBRE 2020

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO CORSI PROVA DA 30 MINUTI			
PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PISCINA	PALESTRA	PALESTRA	
AQUADOLCE 09:30-10:15	DOLCE 09:30-10:30						DOLCE 09:30-10:30				DOLCE 09:30-10:00		
AQUAGYM 10:15-11:00	TONIC GYM 10:30-11:30		MODELLANTE 10:30-11:30	AQUAGYM 10:15-11:00	TAI CHI 10:00-11:00		TONIC GYM 10:30-11:30		MODELLANTE 10:30-11:30		TONIC GYM 10:15-10:45		
	ARMONIA & BENESSERE 11:30-12:30						ARMONIA & BENESSERE 11:30-12:30				ARMONIA & BENESSERE 11:00-11:30		
	TOTAL BODY 13:00-14:00	AQUATBW 12:45-13:30					TOTAL BODY 13:00-14:00	AQUAGAG 12:45-13:30					
	DOLCE 15:30-16:30	AQUAGYM 15:30-16:15	PILATES 15:00-16:00				DOLCE 15:30-16:30		PILATES 15:00-16:00		TAI CHI 14:45-15:15		
	GINNASTICA ARTISTICA 16:45-17:45			OPEN WEEK								STRETCHING 15:30-16:00	
			STRETCHING 18:00-19:00										
AQUATONIC 19:00-19:45	VERTICALI 19:00-20:00		PILATES 19:00-20:00			AQUAGYM 19:00-19:45					VERTICALI 17:00-17:30	REGGAETON 17:00-17:30	
AQUAGYM 19:45-20:30	19:00-20:00 REGGAETON		GINNASTICA POSTURALE 19:00-20:00			AQUATONIC 19:45-20:30	GINNASTICA POSTURALE 19:00-20:00		PILATES 19:00-20:00		FUNCTIONAL TRAINING 17:45-18:15	17:45-18:15 TWERXOUT	
	20:00-21:00 TWERXOUT		G.A.G 20:00-21:00				G.A.G 20:00-21:00						
			FUNCTIONAL TRAINING 21:00-22:00				FUNCTIONAL TRAINING 21:00-22:00						