

ORARI DAL 04/09 H2ON

LUNEDI	VASCA GRANDE	09:00/09:45 H2O BIKE	10:00/10:45 H2O POSTURAL*		13:30/14:15 H2O BIKE			
	VASCA PICCOLA					19:00/19:30 SUP -TONE (corso extra)*	19:25/20:10 H2O TURBOLANCE	20:15/21:00 H2O TREADMILL
	SALA STRONG	09:00/09:45 TOTAL BODY			13:30/14:15 TOTAL BODY	18:00/18:45 TOTAL BODY	19:15/20:00 CIRCUIT TONE	
MARTEDI	VASCA GRANDE		10:00/10:45 H2O GYM					20:15/21:00 H2O BIKE
	VASCA PICCOLA	08:30/09:15 H2O PILATES			13:45/14:30 H2O WALK TONE		19:25/20:10 H2O POSTURAL	
	SALA STRONG	09:00/09:45 POSTURAL FIT	09:45/10:30 POSTURAL FIT*		13:30/14:15 PILATES FUSION	17:30/18:15 TOTAL BODY*	18:15/19:00 POSTURAL FIT	19:15/20:00 FITBALL
MERCOLEDI	VASCA GRANDE		10:00/10:45 H2O POSTURAL*		13:30/14:15 H2O BIKE			19:30/20:15 H2O CIRCUIT JUMPING GYM*
	VASCA PICCOLA	09:00/09:45 H2O WALK TONE						19:15/20:00 H2O TONE
	SALA STRONG	09:00/09:45 PILATES	09:45/10:30 TOTAL BODY		13:30/14:15 GAG		18:30/19:15 PILATES	19:15/20:00 TOTAL BODY*
GIOVEDI	VASCA GRANDE	09:00/09:45 H2O SPLASH&TONE			13:30/14:15 H2O CIRCUIT-JUMPING GYM			
	VASCA PICCOLA		10:00/10:45 H2O PYLATES*			19:00/19:30 SUP -TONE (corso extra)*	19:25/20:10 H2O TREADMILL	20:15/21:00 H2O TABATA*
	SALA STRONG	09:00/09:45 POSTURAL FIT	09:45/10:30 POSTURAL FIT*		13:30/14:15 TOTAL BODY	17:30/18:15 TOTAL BODY*	18:15/19:00 POSTURAL FIT	19:15/20:00 GAG
VENERDI	VASCA GRANDE		10:00/10:45 H2O BIKE					
	VASCA PICCOLA	8:30/09:15 H2O TREADMILL*			13:45/14:30 H2O KIK-BOXING		19:25/20:10 H2O POSTURALE*	20:15/21:00 H2O TONE
	SALA STRONG	09:00/09:45 TOTAL BODY			13:30/14:15 ABDOMINAL	17:30/18:15 GAG*	19:15/20:00 ABDOMINAL	
SABATO	VASCA GRANDE	09:00/09:45 H2O GYM						
	VASCA PICCOLA				13:30/14:15 H2O TONE			
	SALA STRONG	09:30/10:15 PILATES						
DOMENICA	VASCA GRANDE	10:00/10:45 H2O BIKE	11:00/11:45 H2O GYM*					
	VASCA PICCOLA							
	SALA STRONG							

IL NUMERO MINIMO PER L'ATTIVAZIONE DEI CORSI E' DI CINQUE PERSONE

ORARI DI APERTURA: LUN-VEN 6:30-22:00/ SABATO 7:30-20:00/ DOMENICA 8:00-13:00

ORARI DI APERTURA SEGRETERIA: 08:00-20:30

I CORSI EVIDENZIATI IN GIALLO NON SONO ATTIVI*

