

|            |  |   |  |  |  |  |  |  |   |  |   |  |
|------------|--|---|--|--|--|--|--|--|---|--|---|--|
| <b>LUN</b> | 09:30-10:15<br>CORE & LEGS<br>09:30-10:15<br>ACQUAGYM  |   | 10:30-11:00<br>STRETCHING<br>12:15-13:00<br>CROSS CARDIO CIRCUIT |  | 14:00-14:30<br>FUNCTIONAL  |  | 14:30 - 15:15<br>HYDROBIKE<br>14:30-15:00<br>PILATES           |  | 18:30-19:30<br>GROUP CYCLE<br>18:30-19:15<br>ACQUAPOWER |  | 19:30 - 20:30<br>PUMP<br>19:30-20:15<br>HYDROBIKE         |  |
| <b>MAR</b> | 09:30-10:00<br>DYNAMIC<br>TRAINING                     | 10:00-10:30<br>POSTURAL<br>TRAINING                     | 10:35-11:15<br>GROUP CYCLE<br>12:15-13:00<br>GROUP CYCLE         |  | 14:00-15:00<br>FUNCTIONAL E<br>STRETCHING<br>14:30-15:15<br>ACQUAGYM |  | 17:00-19:00<br>JUNGLE OCR                                      |  | 18:15-18:55<br>PILATES<br>18:30-19:15<br>ACQUACOMBAT    |  | 19:00-20:30 *<br>THAI BOXE<br>19:05 - 19:35<br>FUNCTIONAL |  |
| <b>MER</b> | 09:30-10:30<br>GROUP CYCLE<br>09:30-10:15<br>HYDROBIKE |   | 10:30-11:05<br>FUNCTIONAL  |  | 12:15-13:00<br>PUMP<br>12:15-13:00<br>ACQUAGYM                       |  | 14:00-15:00<br>GROUP CYCLE                                     |  | 18:30-19:30<br>PUMP                                     |  | 19:30-20:15<br>ACQUAPUMP                                  |  |
| <b>GIO</b> | 09:30-10:00<br>FUNCTIONAL<br>09:30-10:15<br>ACQUAGYM   | 10:00-10:30<br>STRETCHING<br>10:35-11:05<br>GROUP CYCLE | 12:15-13:00<br>HIIT  |  | 14:00-14:30<br>DYNAMIC<br>TRAINING                                   |  | 14:30-15:00<br>POSTURAL<br>TRAINING<br>14:30-15:15<br>ACQUAGAG |  | 17:00-19:00<br>JUNGLE OCR                               |  | 18:30-19:30<br>GROUP CYCLE<br>18:30-19:15<br>ACQUACIRCUIT |  |
| <b>VEN</b> | 09:00-09:30<br>DYNAMIC<br>TRAINING                     | 09:35-10:20<br>PILATES<br>09:30-10:15<br>ACQUAGYM       | 10:35-11:05<br>FUNCTIONAL  |  | 12:15-12:45<br>TABATA<br>12:45-13:00<br>ABDOMINAL FLASH              |  | 14:00-14:35<br>FUNCTIONAL                                      |  | 14:30-15:15<br>ACQUATONIC<br>14:35-15:05<br>GROUP CYCLE |  | 18:30-19:30 *<br>YOGA                                     |  |
| <b>SAB</b> | 09:30-10:00<br>FUNCTIONAL                              | 10:00-12:00<br>JUNGLE OCR                               | 10:30-11:30<br>GROUP CYCLE                                       |  | 12:00-12:30<br>FUNCTIONAL  |  | 12:35-13:05<br>GROUP CYCLE                                     |  | 14:00-14:50<br>FUNCTIONAL                               |  |   |  |
| <b>DOM</b> | 09:30-10:00<br>FUNCTIONAL                              | 10:30-11:30<br>GROUP CYCLE                              | 12:00-12:30<br>FUNCTIONAL  |  | 12:35-13:05<br>GROUP CYCLE   |  | 15:00-15:30<br>FUNCTIONAL                                      |  |   |  |   |  |

**LEGENDA**

**VIRTUALI**

CON ISTRUTTORE

**ACQUA**

\* CORSI NON INCLUSI  
NELL'ABBONAMENTO

