

# Orario Corsi 2024/25

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

**AcquaGym**  
08.00 - 08.40

**AcquaTone**  
08.00 - 08.40

**AcquaGym**  
08.00 - 08.40

**Pilates MAT**  
09.00 - 09.50

**AcquaTone**  
09.00 - 09.45

**PilatesMAT**  
09.00 - 09.50

**AcquaGym**  
09.00 - 09.45

**Posturale**  
09.00 - 09.50

**Functional Training**  
13.15 - 13.55

**AcquaGym**  
13.15 - 13.55

**Functional Training**  
13.15 - 13.55

**Hatha Yoga**  
13.15 - 13.55

**Hatha Yoga**  
15.10 - 16.00

**AcquaTone**  
15.20 - 16.00

**Hatha Yoga**  
15.10 - 16.05

**AcquaGym**  
15.20 - 16.00

**Hatha Yoga**  
15.10 - 16.00

**Posturale**  
16.10 - 17.00

**Pilates MAT**  
16.10 - 16.50

**Brucia Grassi**  
17.10 - 18.00

**GAG**  
17.10 - 18.20

**Total Body**  
17.10 - 18.00

**Functional Training**  
17.10 - 18.00

**Fitboxe**  
18.10 - 19.00

**Zumba**  
18.10 - 19.00

**Fitboxe**  
18.10 - 19.00

**Zumba**  
18.10 - 19.00

**Brucia Grassi**  
18.10 - 19.00

**Functional Training**  
19.10 - 20.10

**Pilates MAT**  
19.10 - 20.00

**Functional Training**  
19.10 - 20.10

**AcquaGym**  
19.10 - 19.55

**AcquaTone**  
19.10 - 20.15

**AcquaGym**  
19.30 - 20.15

**AcquaTone**  
19.10 - 20.15


**AcquaBike**  
19.30 - 20.15

OGGI MI SENTO...

Tonico 

Aerobico 

Energico 

Consapevole 

Forte 

