



Planning provvisorio valido dal 19/07/'10 al 31/07/'10

| Orario | Lunedì | Orario | Martedì | Orario | Mercoledì | Orario | Giovedì | Orario | Venerdì | Orario | Sabato |
|--------|------------------------|--------|--------------------------|--------|-------------------|--------|--------------------------|--------|-----------------------|--------|-----------|
| 8.30 | Corpo Libero | 8.30 | | 8.30 | Corpo Libero | 8.30 | | 8.30 | Corpo Libero | 8.30 | |
| 9.00 | | 9.00 | | 9.00 | | 9.00 | | 9.00 | | 9.00 | |
| 9.30 | Well back 1/2 | 10.00 | Control. addominale. 1/2 | 10.00 | G.P.G. | 10.00 | Control. addominale. 1/2 | 10.00 | Pilates Picc. Attrez. | 10.00 | |
| 10.00 | Pilates Mat-Work | 10.30 | Allungam. Posturale1/2 | 10.30 | | 10.30 | Allungam. Posturale1/2 | 10.30 | | 10.30 | |
| 10.00 | Acqua Fit Bike | 10.00 | Hydrobike | 10.00 | Acqua Fit Bike | 10.00 | Hydrobike | 10.00 | Acqua Fit Bike | 10.00 | |
| 11.00 | | 10.30 | | 11.00 | | 10.30 | | 11.00 | | 11.00 | |
| 11.00 | Acqua Pilates | 11.00 | | 11.00 | Acquagym | 11.00 | | 11.00 | Acqua Pilates | 11.00 | |
| 11.30 | | 11.30 | | 11.30 | | 11.30 | | 11.30 | | 11.30 | |
| 12.00 | | 11.30 | | 12.00 | | 11.30 | | 12.00 | | 11.30 | |
| 12.00 | | 12.00 | | 12.00 | | 12.00 | | 12.00 | | 12.00 | |
| 12.30 | Aerotonica | 12.00 | | 12.30 | Aerotonica | 12.00 | | 12.30 | Aerotonica | 12.30 | |
| 12.30 | Hydrobike | 12.30 | Well Back 1/2 | 12.30 | | 12.30 | Well Back 1/2 | 12.30 | Hydrobike | 12.30 | |
| 12.30 | | 13.00 | Abdominal S.1/2 | 13.00 | | 13.00 | Abdominal S.1/2 | 12.30 | | 12.30 | |
| 13.00 | Pilates Base 1/2 | 13.00 | | 13.00 | Pilates Panca 1/2 | 13.00 | | 13.00 | Well Back 1/2 | 13.30 | |
| 13.30 | Pilates piccoli attrez | 13.30 | | 13.30 | Hatha Yoga | 13.30 | | 13.30 | Pilates Mat-Work | 13.30 | Hydrobike |
| 13.30 | Acqua Power | 13.30 | Acqua Power | 13.30 | Acqua Power | 13.30 | Acqua Power | 13.30 | Acqua Power | 13.30 | |
| 13.30 | Spinning | 13.30 | Spinning | 13.30 | Spinning | 13.30 | Spinning | 13.30 | Spinning | 13.30 | |
| 13.30 | Push Power | 13.30 | Gym Stick 1/2 | 13.30 | Bosu Base 1/2 | 13.30 | Gym Stick 1/2 | 13.30 | Push Power | 13.30 | |
| 14.00 | | 14.00 | Abdominal S.1/2 | 14.00 | Total Body Cond. | 14.00 | Abdominal S.1/2 | 13.30 | | 14.00 | |
| 14.00 | | 14.30 | | 14.00 | | 14.30 | | 14.00 | | 14.00 | |
| 14.30 | Abdominal S.1/2 | 14.30 | Hydrobike | 14.30 | Hydrobike | 14.30 | Hydrobike | 14.30 | Abdominal S.1/2 | 14.15 | Hydrobike |
| 14.30 | | 15.15 | | 14.30 | | 15.15 | | 14.30 | | 14.30 | |
| 15.00 | | 15.00 | | 15.00 | | 15.00 | | 15.00 | | 15.00 | |
| 15.00 | Aerotonica | 15.00 | | 15.00 | Aerotonica | 15.00 | | 15.00 | Aerotonica | 15.00 | |
| 15.00 | | 15.30 | | 15.00 | | 15.30 | | 15.00 | | 15.15 | |
| 16.00 | | 16.00 | | 16.00 | | 16.00 | | 16.00 | | 16.00 | |
| 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | |
| 17.00 | Corpo Libero | 17.00 | | 17.00 | Corpo Libero | 17.00 | | 17.00 | Corpo Libero | 17.00 | |
| 17.15 | | 17.15 | | 17.00 | | 17.15 | | 17.15 | | 17.00 | |
| 17.00 | | 17.15 | Well Back | 17.00 | | 17.15 | Wu Wei | 17.00 | | 17.00 | |
| 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | |
| 18.00 | | 18.00 | | 17.30 | Pilates Base | 18.00 | | 18.00 | | 18.00 | |
| 18.00 | G.P.G. | 18.00 | G.P.G. | 18.00 | Pilates Advanced | 18.00 | G.P.G. | 18.00 | | 18.00 | |
| 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | |
| 18.15 | G.A.G. 45' | 18.15 | | 18.15 | G.A.G. 45' | 18.15 | | 18.15 | G.A.G. 45' | 18.30 | |
| 18.30 | | 18.50 | Spinning | 18.30 | Hydrobike | 18.30 | | 18.30 | | | |
| 19.00 | | 19.00 | | 19.00 | | 19.00 | Spinning | 19.00 | | 19.00 | |
| 19.00 | Yoga Flex | 19.00 | Body Ballet | 19.00 | Total Body Cond. | 19.00 | Body Ballet | 19.00 | | 19.00 | |
| 19.00 | Acqua Tonic | 19.00 | Acqua Power | 19.00 | | 19.00 | Acqua Power | 19.00 | Acqua Tonic | 19.00 | |
| 19.00 | Well Back | 19.15 | Wu Wei | 19.15 | Hydrobike | 19.15 | Well Back | 19.15 | | 19.00 | |
| 19.30 | Spinning | 19.15 | | 19.30 | Spinning | 19.15 | | 19.30 | | 19.00 | |
| 19.30 | | 19.50 | | 19.30 | | 19.50 | | 19.50 | | 19.50 | |
| 19.50 | Blu Move | 19.50 | Acqua Fit Bike | 19.50 | | 19.50 | Hydrobike | 19.50 | | 19.50 | |
| 20.00 | | 20.00 | Flexible | 20.00 | | 20.00 | Flexible | 20.00 | | 20.00 | |
| 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | |
| 20.30 | Acquagym Circuit | 20.40 | Acquagym Circuit | 20.40 | | 20.40 | Acquagym Circuit | 20.30 | Acquagym Circuit | 20.40 | |

CORSO: il numero delle lezioni e la data di inizio verranno comunicate.

Questo planning è provvisorio e pertanto può essere soggetto a variazioni

