

Orari corsi Aquaclub Fitness

LUNEDÌ		MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.15 TOTAL BODY Michela			9.15 BODY ADVANCED Michela	9.15 WALKEXERCISE Michela		
10.00 PILATES Simona				10.00 PILATES Simona	10.30 TOTAL BODY Michela	11.00 TACFIT Daniele
12.45 INDOOR CYCLING Beppe	TACFIT Daniele	12.45 FUNCTIONAL Daniele	12.45 WALKEXERCISE Marco	12.45 INDOOR CYCLING	12.45 PILATES Cristina	15.10 STEP/ WALKEXERCISE Marco
15.30 POST GYM Simona						
18.30 TOTAL BODY Cristina		18.30 PUMP Roby	18.00 ABDOMINAL SUPER TONE Chiara	18.30 PILATES Roby	18.30 FUNCTIONAL Daniele	
19.30 PILATES Cristina		19.30 WALKEXERCISE Roby	18.30 I-TONE Chiara	19.15 WALKEXERCISE Roby	19.30 MUAY THAI BOXE THAILENDESE Aldo /Gianluca	
20.15 GAG 3X15 Cristina		20.30 MUAY THAI BOXE THAILENDESE Aldo / Gianluca	19.30 STEP Chiara	20.15 BOXE-UP Salvatore	19.40 TACFIT Daniele	