


































































FITNESS IN PALESTRA - 2017/2018

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9:15  G.A.G.		9:15  TOTAL			9:00  RISVEGLIO
10:00  PILATES		10:00  BODY			9:45  MUSCOLARE
10:15  PILATES					
11:15  PILATES					
12:15  BASE					
					12:00  SYNCRO
12:30  SPINNING					
					14:15  DANZA
					15:15  MODERNO 2
16:30  PSICO MOTRICITA'			17:30  G.A.G.	14:30  PILATES	15:15  DANZA
17:15  AGONISTICA			18:15  G.A.G.	15:30  AVANZATO	16:15  MODERNO 3
17:30  PALESTRA	16:15  DANZA				16:15  DANZA
18:15  PALESTRA	17:00  BABY DANCE				17:15  MODERNO 4
18:15  AGONISTICA	17:00  DANZA		18:15  G.A.G.	17:15  ZUMBA	
19:00  PALESTRA	18:00  MODERNO 1		19:00  G.A.G.	18:00  FITNESS	
	18:00  PILATES			18:00  ZUMBA	
	19:00  AVANZATO			18:45  FITNESS	
19:00  G.A.G.	19:00  CROSS TRAINING	19:00  G.A.G.	19:00  G.A.G.	19:00  PILATES	
19:45  G.A.G.	20:00  G.A.G.	19:45  G.A.G.	19:45  G.A.G.	20:00  AVANZATO	
	20:00  G.A.G.	20:00  CIRCUITO	20:00  PILATES	20:00  PILATES	
	20:45  G.A.G.	21:00  BIKE	21:00  AVANZATO	21:00  BASE	
		21:00  SPINNING	21:00  PILATES		
20:00  SPINNING		21:45  SPINNING	22:00  BASE		
20:45  SPINNING					
21:00  CIRCUITO					
22:00  BIKE					















































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www.piscinadiverano.it - info@piscinadiverano.it



FITNESS IN ACQUA - 2017/2018

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8:15  ACQUA 9:00  SWEET	9:00  ACQUA 10:30  BENESSERE	9:00  ACQUA 9:45  SWEET	11:15  ACQUA 12:00  MIX		
10:30  ACQUA 11:15  MIX		9:45  ACQUA 10:30  BIKE 10:30  ACQUA 11:15  MIX	14:30  ACQUA 15:15  MIX	10:30  IDROKINESI 12:00  TERAPIA	
11:15  ACQUA 12:00  MIX					
14:30  ACQUA 15:15  MIX	14:15  BIKE & 15:00  STEP	12:45  GESTANTI 14:15 		14:15  TRIATHLON 15:00 	
18:15  ACQUA 19:00  MIX			18:15  ACQUA 19:00  MIX		
19:00  ACQUA 19:45  POWER			19:00  ACQUA 19:45  POWER		
20:00  SPINNING 20:45 	20:45  BIKE & 21:30  GYM 21:30  BIKE & 22:15  GYM			21:30  BIKE & 22:15  GYM	



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