




































































































FITNESS e FITNESS IN ACQUA - 2018/2019

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8:15  ACQUA 9:00  SWEET	9:00  ACQUA MOVIMENTO 11:15  ACQUA MOVIMENTO	9:00  ACQUA 9:45  SWEET	9:45  ACQUA MOVIMENTO 12:00  MOVIMENTO	9:00  ACQUA MOVIMENTO	9:15  BRUCIA 10:15  GRASSI 10:15  YOGA 11:15  FITNESS 12:00  SYNCRO 12:45  SYNCRO
9:15  G.A.G. 10:00  ACQUA MIX 10:30  ACQUA MIX 11:15  PILATES AVANZATO 12:00  ACQUA MIX 12:30  SPINNING		9:45  TOTAL BODY 10:00  ACQUA BIKE 10:30  ACQUA MIX 11:15  ACQUA MIX	12:30  YOGA FITNESS 13:30  ACQUA MIX 15:15  G.A.G. 17:30  ACQUA MIX 18:15  ACQUA MIX 19:00  G.A.G. 19:00  ACQUA POWER 19:45  G.A.G. 20:00  PILATES AVANZATO 21:00  PILATES BASE 22:00  PILATES BASE	14:15  TRIATHLON 15:00  PILATES AVANZATO 17:15  ZUMBA TEEN 18:00  ZUMBA FITNESS 18:45  PILATES AVANZATO 20:00  PILATES BASE 21:00  DANZA DEL VENTRE 22:00  BIKE & GYM 22:15  BIKE & GYM	
12:30  SPINNING 13:15  ACQUA MIX 14:30  PSICO MOTRICITA' 17:30  PSICO MOTRICITA' 18:15  ACQUA MIX 19:00  G.A.G. 19:45  ACQUA POWER 20:00  SPINNING 20:45  SPINNING 21:00  AGONISTICA 22:00  PALESTRA	14:15  BIKE & STEP 15:00  DANZA BABY DANCE 17:00  DANZA MODERNO 1 18:00  PILATES AVANZATO 19:00  CROSS TRAINING 20:00  G.A.G. 20:45  AGONISTICA PALESTRA 21:30  BIKE & GYM 21:30  BIKE & GYM 22:15  BIKE & GYM	12:45  GESTANTI PALESTRA 13:30  GESTANTI ACQUA 17:15  ZUMBA TEEN 18:00  ZUMBA TEEN 20:00  SPINNING 21:00  SPINNING 21:45  SPINNING	12:45  YOGA FITNESS 13:30  ACQUA MIX 15:15  G.A.G. 17:30  ACQUA MIX 18:15  ACQUA MIX 19:00  G.A.G. 19:00  ACQUA POWER 19:45  G.A.G. 20:00  PILATES AVANZATO 21:00  PILATES BASE 22:00  PILATES BASE	14:15  TRIATHLON 15:00  PILATES AVANZATO 17:15  ZUMBA TEEN 18:00  ZUMBA FITNESS 18:45  PILATES AVANZATO 20:00  PILATES BASE 21:00  DANZA DEL VENTRE 22:00  BIKE & GYM 22:15  BIKE & GYM	14:15  DANZA MODERNO 2 15:15  DANZA MODERNO 3 16:15  DANZA MODERNO 4 17:15  DANZA MODERNO 4 18:30  AGONISTICA 18:45  PALESTRA

PISCINA DI VERANO BRIANZA - VIA N.SAURO 30 - TEL 0362 902530

www.piscinadiverano.it - info@piscinadiverano.it

