



# FitStudio

La Sala Fitness della Piscina del Centro

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9 <sup>30</sup>	Pilates	Posturale	GAG	Pilates	Posturale	Attività a rotazione
10 <sup>30</sup>	Step	10.30 - 12.00 Hatha Yoga	Circuit Workout	10.30 - 12.00 Hatha Yoga	Total Body	Attività a rotazione
11 <sup>30</sup>	aryanna pole dance					
13 <sup>15</sup>	GAG	Walk	Pilates	Walk	Pilates	
14 <sup>15</sup> 14 <sup>30</sup>	14.30 - 16.00 Hatha Yoga	aryanna pole dance	aryanna pole dance	aryanna pole dance	14.30 - 16.00 Hatha Yoga	
16 <sup>00</sup>		aryanna pole dance	aryanna pole dance	aryanna pole dance		
17 <sup>00</sup>	Hip-Hop teen/senior	Super Jump	Hip-Hop junior	Total Body	Hip-Hop kids	
18 <sup>00</sup>	Zumba Fitness	ToneUp	Pilates	Posturale	ToneUp	
19 <sup>00</sup> 19 <sup>15</sup>	KeyBoxe	Step	Walk	BoxeUp	Zumba Fitness	
20 <sup>15</sup>	Pilates Matwork	aryanna pole dance	PowerYoga 1° livello	aryanna pole dance	Pilates Matwork	
21 <sup>15</sup>	Vyniasa Yoga	aryanna pole dance	PowerYoga 2° livello	aryanna pole dance	Vyniasa Yoga	
22 <sup>15</sup>						

# SWIMGYM

LA PALESTRA DELLA PISCINA DEL CENTRO



	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9 <sup>30</sup>	Risveglio funzionale	FUNCTIONAL CIRCUIT	Risveglio funzionale	FUNCTIONAL CIRCUIT	Risveglio funzionale	
10 <sup>30</sup>	OPEN 10.30 - 13.00	OPEN 10.30 - 13.30	OPEN 10.30 - 13.00	OPEN 10.30 - 13.30	OPEN 10.30 - 13.00	OPEN 9.30 - 12.30
13 <sup>00</sup>	Fit30		Fit30		Fit30	
13 <sup>30</sup>	Fit30	CIRCUIT TRAINING	Fit30	CIRCUIT TRAINING	Fit30	
14 <sup>00</sup> 14 <sup>30</sup>	Fit30		Fit30		Fit30	
15 <sup>30</sup>	OPEN 14.30 - 17.00	WEIGHT & FUNCTIONAL	OPEN 14.30 - 17.00	WEIGHT & FUNCTIONAL	OPEN 14.30 - 17.00	
17 <sup>00</sup>	CALISTHENIC WORKOUT		CALISTHENIC WORKOUT		CALISTHENIC WORKOUT	
18 <sup>00</sup>	BODY FOCUS		MILITARY BOOTCAMP		BODY FOCUS	
19 <sup>00</sup>	BODY FOCUS		MILITARY BOOTCAMP		BODY FOCUS	
20 <sup>00</sup>	OPEN 20.00 - 22.30	OPEN 18.00 - 22.30	OPEN 20.00 - 22.30	OPEN 18.00 - 22.30	OPEN 20.00 - 22.30	