

VENERDÌ 12 OTTOBRE

ORARIO	SALA	CORSI	ISTRUTTORE
6.45 - 7.30	3	GROUP CYCLING® 45'	2 Roberto
9.00 - 10.00	1	A-TONE	2 Nicole
9.15 - 10.00	P	AQUAGYM	Marzia
9.30 - 10.30	3	GROUP CYCLING® 60'	2 Roberto
10.00 - 10.45	1	MOVE IT	2 Nicole
10.00 - 11.00	2	POSTURAL SCHOOL	1 Fabio
10.10 - 10.55	P	ACQUA FUNCTIONAL TRAINING	Marzia
12.15 - 13.00	C	POWER TRAINING FIELD	3 Filippa
12.15-13.15	2	PILATES	2 Marco
12.15-13.00	P	POWERGYM	Marzia
14.00 - 14.30	3	PANCAFIT	Marco
14.30-15.15	1	G.A.G CIRCUIT	2 Marco
14.30 - 15.30	2	POSTURAL SCHOOL	1 Fabio
18.00 - 18.30	C	TRX-ABD	2 Marco
18.30 - 19.45	C	POWER TRAINING FIELD	3 Marco
18.30 - 20.00	3	GROUP CYCLING® LONG DISTANCE 90'	2 Luigi
18.30 - 19.15	P	AQUAGYM	Rossana
19.30 - 20.15	P	AQUABIKE	Rossana

SABATO 13 OTTOBRE

ORARIO	SALA	CORSI	ISTRUTTORE
9.15 - 10.00	P	AQUABIKE	Annalisa
10.00 - 11.00	1	FUNCTIONAL CIRCUIT	2 Marco
10.10 - 10.55	P	AQUAGYM	Annalisa
10.30 - 11.15		OMNIA	fitness team
10.30 - 11.30	3	GROUP CYCLING® 60'	1 Ivan
11.00 - 12.00	1	POSTURAL SCHOOL	1 Fabio
11.00 - 12.00	2	YOGA	2 Lauren
11.00 - 11.45	C	POWER TRAINING FIELD	2 fitness team
12.00 - 12.45	1	HIT PUMP	3 Brian
12.15-13.00	P	ACQUA FUNCTIONAL TRAINING	acqua team
12.15-13.00		OMNIA	fitness team
15.00 - 16.00	1	TRX WORKOUT	2 Gianluca
15.00 - 16.00	2	YOGA	2 Kristina
16.00 - 17.00	1	SOFT PILATES	2 Deborah
16.00 - 16.45		OMNIA	fitness team
17.00 - 17.45	1	MOVE IT	2 Nicole
17.00 - 18.00	2	PILATES	2 Deborah
17.00 - 17.45	C	POWER TRAINING FIELD	2 fitness team
18.00 - 19.00	P	SPECIAL ACQUA TEAM TEACH	acqua team
18.00 - 18.45	1	SPECIAL NIKY WORKOUT	2 Nicole

DOMENICA 14 OTTOBRE

ORARIO	SALA	CORSI	ISTRUTTORE
9.15 - 10.00	P	AQUAGYM	acqua team
9.30 - 10.30	1	TRX WORKOUT	2 Gianluca
9.30 - 10.30	3	GROUP CYCLING® 60'	2 Roberto
10.00 - 11.00	2	PILATES	2 Marco
10.30 - 11.15		MOVE IT	2 Nicole
10.30 - 11.15	C	POWER TRAINING FIELD	3 fitness team
11.15 - 12.00	1	STEP COREO	2 Nicole
11.00 - 12.00	2	YOGA	2 Kristina
12.00 - 13.00	1	POSTURAL SCHOOL	1 Fabio
12.15 - 13.00		OMNIA	fitness team
12.15-13.00	P	ACQUA TABATA CIRCUIT	acqua team
15.00 - 15.45	1	A-BOXE	2 Brian
16.00 - 16.45		OMNIA	fitness team
16.00 - 17.00	1	PILATES	2 Marco
16.30 - 17.15	C	POWER TRAINING FIELD	3 fitness team
17.00 - 18.00	3	GROUP CYCLING® 60'	2 Marcelo
18.00 - 19.00	P	AQUABIKE	acqua team