

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:30	CALI TRAINING		CALI TRAINING		CALI TRAINING	
09:00		PILATES	AQUAFIT SENIOR GINN. POSTURALE	PILATES		
10:00	AQUAFIT SENIOR	BODY TONE AQUAFIT	CROSS WATER CIRCUIT	BODY TONE CROSS WATER CIRCUIT		
10:45	METABOLIC WATER CIRCUIT					
11:15						METABOLIC WATER CIRCUIT
12:00						CROSS WATER CIRCUIT
13:00	CALI TRAINING	CYCLING CROSS WATER CIRCUIT	CALI TRAINING PILATES AQUAFIT	CYCLING METABOLIC WATER CIRCUIT	CALI TRAINING CROSS WATER CIRCUIT	
14:00					MOBILITY&STRETCHING	
15:00		AQUAFIT SENIOR			AQUAFIT SENIOR	
17:00		17:30 TABATA CIRCUIT			TABATA CIRCUIT	
18:00	18:30 CROSS WATER CIRCUIT	18:30 AERO DANCE 18:30 MOBILITY& STRETCHING	18:30 CROSS WATER CIRCUIT	18:30 AQUAFIT 18:45 NUOTO ADULTI AVANZATO	CALI TRAINING STEP DANCE	
19:00	BODYWEIGHT CROSS VTA	19:15 NUOTO ADULTI AVANZATO 19:45 PILATES	CROSS VTA 19:30 METABOLIC WATER CIRCUIT	19:45 PILATES		
20:00	CALI TRAINING		CALI TRAINING			