

Orario Corsi Aquarium Club



Lunedì 14	Martedì 15	Mercoledì 16	Giovedì 17	Venerdì 18	Sabato 19
	Triptonic 09:00-10:00		Triptonic 09:00-10:00		
BODY MIND 10:00-11:00		BODY MIND 10:00-11:00		BODY MIND 10:00-11:00	Happy week end 10:00-11:00
Triptonic 13:00-14:00	STEP TONIC 13:15-14:15	POSTURAL 13:00-14:00	Total body mix 13:15-14:15	POSTURAL 13:00-14:00	
POSTURAL 14:00-15:00		Functional gym system 14:00-15:00		Functional gym trx 14:00-15:00	
Pilates 17:00-18:00	Total body mix 17:00-18:00	Yoga Flex 17:00-18:00	ZumFit 17:00-18:00	Circuit pump 17:00-18:00	
BODY FIT 18:00-19:00	Piramic workout 18:00-19:00	Circuit pump 18:00-19:00	Piramic workout 18:00-19:00	Yoga Flex 18:00-19:00	
POSTURAL 19:00-20:00	Cardio circuit 19:00-20:00	POSTURAL 19:00-20:00	Total body mix 19:00-20:00	Pilates 19:00-20:00	
Fit Box 20:00-21:00	Muai Thay Self defence 20:00-21:15	Fit Box 20:00-21:00	Muai Thay Self defence 20:00-21:15	Fit Box 20:00-21:00	