Orario corsi valido dal 01/11/2010 al 30/11/2012

CORSI TERRA

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
08:30 - 09:20 Basic Pilates	10:40 - 11:30 Total Tone	08:30 - 09:20 Basic Pilates	10:00 - 10:50 Balli di Gruppo	08:30 - 09:20 Basic Pilates	10:30 - 11:20 Zumba Fitness	10:00 - 10:50 JOLLY
09:30 - 10:20 Basic Pilates	13:00 - 13:50 Spinning	09:30 - 10:20 Basic Pilates	10:30 - 11:20 Total body	09:30 - 10:20 Basic Pilates	11:00 - 11:50 Danza del Ventre	10:00 - 10:50 Walking
10:30 - 11:20 Walking	13:00 - 13:50 GAG evolution	10:00 - 10:50 Pilates	13:00 - 13:50 Pilates	10:30 - 11:20 Walking	11:00 - 11:50 THAI FIT	11:00 - 11:50 Spinning
11:00 - 11:50 Yoga	16:00 - 16:50 Ginn. Posturale	13:00 - 13:50 Walking	13:00 - 13:50 Spinning	13:00 - 13:50 Total body	11:15 - 12:05 Total Dance	
13:00 - 13:50 THAI FIT	17:00 - 17:50 Cardio Tone	16:00 - 16:50 Postural	15:30 - 16:20 Walking	15:30 - 16:20 Postural	12:00 - 12:50 Burlesque	
14:20 - 15:10 Postural	17:30 - 18:20 Pilates	17:00 - 17:50 Boot Camp	17:20 - 18:10 Total body	16:00 - 16:50 LEG-Training	12:30 - 13:20 Spin-Tonic	
14:20 - 15:10 Walking	17:50 - 18:40 Yoga	17:10 - 18:00 Pilates	17:25 - 18:15 Pilates evolution	17:30 - 18:20 Pilates	16:00 - 16:50 Spinning	
16:00 - 16:50 Fit-Ball Training	18:20 - 19:10 Total body	18:00 - 18:50 Total Tone	18:10 - 19:00 Yoga	17:50 - 18:40 HIP HOP "The Flow"		
17:00 - 17:50 Caraibici	18:20 - 19:10 Walking	18:20 - 19:10 Zumba Fitness	18:25 - 19:15 Total body	18:10 - 19:00 Difesa Personale		
17:20 - 18:10 Pilates	18:40 - 19:30 Total Tone	18:30 - 19:20 Spinning	18:30 - 19:20 Pump	18:25 - 19:15 Strike Zone		
17:30 - 18:20 Pump	19:10 - 20:00 Pilates	18:50 - 19:40 A.C.P.	19:00 - 19:50 Pilates	19:10 - 20:00 Walking		
18:10 - 19:00 GAG	19:30 - 20:20 Total body	19:10 - 20:00 HIP HOP "The Flow"	19:35 - 20:25 Caraibici	19:20 - 20:10 Postural		
18:10 - 19:00 Walking	19:40 - 20:30 THAI FIT	19:30 - 20:20 Walking	19:40 - 20:30 THAI FIT			
18:20 - 19:10 Total body	20:30 - 21:20 Spinning	19:40 - 20:30 Strike Zone	20:00 - 20:50 Spinning			
19:00 - 19:50 Pilates	20:30 - 21:20 Caraibici	20:05 - 20:55 Difesa Personale	20:50 - 21:40 Spinning			
19:15 - 20:05 Spinning						
19:50 - 20:40 Spring evolution						
20:30 - 21:20 Pre Pugilistica						

CORSI ACQUA

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
10:30 - 11:20 Acqua-soft	09:45 - 10:35 Acqua-fitness	10:15 - 11:05 Acqua-fitness	10:15 - 11:05 Acqua-soft	10:00 - 10:50 Acqua-fitness	10:40 - 11:30 Balli Di Gruppo	10:50 - 11:40 Acqua-fitness
13:00 - 13:50 Acqua-cirquit	13:00 - 13:50 Hidrobike	13:00 - 13:50 Hidrobike	13:00 - 13:50 Acqua-fitness	13:15 - 14:05 Acqua-Bike	12:40 - 13:30 Acqua-fitness	11:40 - 12:30 Acqua-fitness
14:05 - 14:55 Acqua-cirquit	14:10 - 15:00 Hidrobike	14:05 - 14:55 Acqua-fitness	14:10 - 15:00 Acqua-fitness	14:15 - 15:05 Acqua-fitness	13:30 - 14:20 Acqua-fitness	16:00 - 16:50 Hidrobike
15:30 - 16:20 Acqua-cirquit	17:45 - 18:35 Acqua-impact	17:30 - 18:20 Acqua-fitness	15:30 - 16:20 Acqua-fitness	16:00 - 16:50 Acqua-fitness	16:00 - 16:50 Hidrobike	
17:10 - 18:00 Acqua-fitness	18:30 - 19:20 Acqua-impact	18:20 - 19:10 Acqua-fitness	16:50 - 17:40 Acqua-fitness	17:20 - 18:10 Acqua-fitness		
18:00 - 18:45 Acqua-fitness	19:20 - 20:10 Hidrobike	19:10 - 20:00 Acqua-fitness	17:45 - 18:30 Acqua-fitness	18:25 - 19:15 Acqua-fitness		
18:45 - 19:30 Acqua-fitness	20:15 - 21:05 Hidrobike	20:00 - 20:50 Acqua-fitness	18:30 - 19:20 Acqua-impact	19:15 - 20:05 Acqua-fitness		
19:30 - 20:15 Acqua-fitness		20:50 - 21:40 Acqua-fitness	19:20 - 20:10 Hidrobike			
20:15 - 21:05 Acqua-fitness			20:10 - 21:00 Hidrobike			

CORSI NUOTO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
10:00 - 10:50 Principianti	10:00 - 10:50 Intermedi	10:00 - 10:50 Principianti	10:00 - 10:50 Intermedi	10:00 - 10:50 Principianti	11:00 - 11:50 Interm./Avanzati	
13:00 - 13:50 Principianti	13:00 - 13:50 Intermedi	13:00 - 13:50 Principianti	13:00 - 13:50 Intermedi	13:00 - 13:50 Principianti		
18:30 - 19:20 Principianti	18:30 - 19:20 Intermedi	18:30 - 19:20 Principianti	18:30 - 19:20 Intermedi	18:30 - 19:20 Principianti		
19:30 - 20:20 Intermedi	19:30 - 20:20 Principianti	19:30 - 20:20 Avanzati	19:30 - 20:20 Principianti	19:30 - 20:20 Avanzati		
20:30 - 21:20 Principianti	20:30 - 21:20 Avanzati	20:30 - 21:20 Intermedi	20:30 - 21:20 Avanzati	20:30 - 21:20 Intermedi		