

## PALINSESTO 2020 OPEN

ORARIO TERRA	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
09:30/10:15	Low Impact - sala 5	Walking - sala 2	Low Impact - sala 5	Walking - sala 2	Low Impact - sala 5
11:00/11:45	Zumba - sala 4		Zumba - sala 4		Zumba - sala 4
13:30/14:15	*Functional ACT - sala 5	*TBW - sala 5	*Functional ACT - sala 5	*TBW - sala 5	*Functional ACT - sala 5
13:30/14:15	Indoor Cycling - sala 3	Fit Boxe - sala 4	Indoor Cycling - sala 3	Fit Boxe - sala 4	Indoor Cycling - sala 3
17:00/18:00					
17:30/18:15		Stretch&Mobility - sala 6		Stretch&Mobility - sala 6	
18:00/18:45		*Yogaflex - sala 4		*Yogaflex - sala 4	
18:00/18:45	*Functional ADV - sala 5	*Functional ADV - sala 5	*Functional ADV - sala 5	*Functional ADV - sala 5	Functional ADV - sala 5
18:00/19:00				Hatha Yoga - sala 6	
18:30/19:30	Hatha Yoga - sala 6		Vinyasa Yoga -sala 6		
19:10/20:00	*Functional ADV - sala 5		*Functional ADV - sala 5		*Functional ADV - sala 5
19:00/19:45		*TRX - sala 5		*TRX - sala 5	
19:30/20:15		*Zumba - sala 4		*Zumba - sala 4	
20:10/20:45	*TBW - sala 5		*TBW - sala 5		*TBW - sala 5
ORARIO ACQUA	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
09:50/10:30	AquaFitness (Natascia)		AquaFitness (Natascia)		AquaFitness (Natascia)
13:30/14:15		Idrobike (Monia)		Idrobike (Monia)	
14:00/14:45	AquaCircuit(Seby)		AquaCircuit(Seby)		AquaCircuit(Seby)
19:10/19:55	AquaDynamic (Seby)	Idrobike (Monia)	AquaDynamic (Seby)	Idrobike (Monia)	AquaDynamic (Seby)
20:10/20:55	AquaCross (Seby)	Idrobike (Monia)	AquaCross (Seby)	Idrobike (Monia)	AquaCross (Seby)

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