



# PROGRAMMAZIONE SETTIMANALE

# PERIODO

## FITNESS ESTATE 2022

06.06.2022 - 30.07.2022

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
09.30 - 10.20 PANCAFIT GROUP	09.30 - 10.20 GINNASTICA ANTALGICA POSTURALE	09.30 - 10.20 YOGA & FLEXIBILITY	 09.30 - 10.20 AQUAM PILATES	09.00 - 09.50 ACQUA EASY CORRETTIVA	09.30 - 10.20 PILATES
10.20 - 11.10 PANCAFIT GROUP	10.30 - 11.20 ACQUA GYM	10.20 - 11.10 G.A.G.	10.30 - 11.20 ACQUA GYM	09.30 - 10.20 SALUTO AL SOLE	10.30 - 11.10 POSTURAL BALL
11.20 - 12.10 YOGA & FLEXIBILITY	11.20 - 12.10 PILATES	11.20 - 12.10 PANCAFIT GROUP	11.20 - 12.10 PILATES	10.20 - 11.10 HATHA YOGA	11.20 - 12.10 PANCAFIT GROUP
13.00 - 13.50 HYDROBIKE			13.00 - 13.50 HYDROBIKE	 10.30 - 11.20 AQUAM ANTALGICA	12.10 - 13.00 PANCAFIT GROUP
14.30 - 15.20 ACQUA FITNESS	14.30 - 15.20 PILATES	14.30 - 15.20 ACQUA EASY CORRETTIVA	14.30 - 15.20 ACQUA FITNESS		
	 15.30 - 16.20 AQUAM PILATES	18.30 - 19.20 TABATA TRAINING	 15.30 - 16.20 AQUAM PILATES		
18.30 - 19.20 FUNCTIONAL TRAINING	18.15 - 19.05 H2O BIKE	18.30 - 19.20 ACQUA FITNESS	18.30 - 19.20 PILATES	18.30 - 19.20 G.E.T.	
19.30 - 20.20 SUPER GLUTEI	19.30 - 20.20 PILATES	19.30 - 20.20 PANCAFIT & BALL	19.30 - 20.20 CIRCUITO METABOLICO	19.30 - 20.20 ACQUA FITNESS	
19.30 - 20.20 H2O BIKE		19.30 - 20.20 HYDROBIKE			

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