



PROGRAMMAZIONE SETTIMANALE

PERIODO

FITNESS ESTATE 2022

29.08.2022 - 10.09.2022

| 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 | | | |

Società Sportiva Dilettantistica wellness For Life S.r.l.

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