

Calendario Corsi

Move as you are

Fitness | Wellness | Beauty & Spa

www.sanmarco-wellnessclub.it



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Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
07.45 - 08.30 Body Sculpture	09.15 - 10.00 Body Sculpture	09.00 - 09.45 Stretching Posturale	09.05 - 09.50 Totalbarre	09.10 - 10.10 Yoga	10.00 - 10.45 A rotazione	11.00 - 11.45 A rotazione
09.10 - 10.10 Yoga	09.30 - 10.15 Acquagym	09.45 - 10.30 Gag	09.30 - 10.15 Acquagym	10.15- 11.00 Acquasoft	11.00 - 11.45 Acquagym	
10.15 - 11.00 Gag - Cardio Fit	10.00 - 10.45 Yoga Fit	10.30 - 11.15 Stretching Posturale	09.55 - 10.40 Airyoga	11.15 - 12.00 Pilates	13.00 - 13.45 Spinning Ride	
11.00 - 11.45 Acquagym	13.00 - 13.45 Gag	10.30 - 11.15 Hydrobike	10.45 - 11.30 Gag	12.55 - 13.40 Body Sculpture		
13.00 - 13.45 Spinning Ride	13.00 - 13.45 Indoor Cycling	13.00 - 14.00 Aeroboxe	13.00 - 13.45 Pilates	13.00 - 13.45 Indoor Cycling		
13.00 - 13.45 Body Sculpture	13.45 - 14.30 Fit Stretch	13.05 - 13.50 Acquagym	13.00 - 13.45 Hydrobike	13.45 - 14.30 Acquagym		
13.15 - 14.00 Acquacircuit	13.45 - 14.30 Hydrobike	13.00 - 13.45 Spinning Ride	13.45 - 14.30 Step Dance	13.45 - 14.30 Boot Camp		
17.00 - 17.45 Fit Stretch	14.35 - 15.20 Acquastep	14.30 - 15.15 Body Sculpture	16.45 - 17.30 Pilates	14.35-15.20 Acquacircuit		
17.45 - 18.30 Gag	15.30 - 16.15 Body Sculpture	15.15 - 16.00 Acquagym	17.40 - 18.25 Body Sculpture	17.30 - 18.15 Air Yoga		
18.10 - 18.55 Hydrobike	18.30 - 19.15 Acquacircuit	17.45 - 18.30 Gag	19.10 - 19.55 Spinning	18.30 - 19.15 Totalbarre		
18.30 - 19.15 Pilates	18.30 - 19.15 Gag	17.00 - 17.45 Indoor Cycling	18.30 - 19.15 Just Dance	19.15 - 20.00 Stretching Posturale		
19.00- 19.45 Spinning Ride	19.20 - 20.05 Spinning	18.30 - 19.15 Step Dance	20.00 - 20.45 Hydrobike	20.00 - 20.45 Acquagym		
19.15-20.00 Body Sculpture	19.20 - 20.05 Aeroboxe	19.15 - 20.00 Acquagym	20.00 - 21.00 Kickboxe/Difesa pers.			
20.00 - 21.00 Kickboxe/Difesa pers.		19.15-20.00 Body Sculpture			 sanmarco wellness iCLUB	
20.00 - 20.45 Acquastep		20.00-20.45 Stretching Posturale				