



# PLANNING CORSI



sanmarco

## LUNEDI'

## MARTEDI'

## MERCOLEDI'

ora	attivita'	istr	ora	attivita'	istr	ora	attivita'	istr
07.45 08.30	BODY SCULPTURE	<i>ingrid</i>	09.15 10.00	BODY SCULPTURE	ROBY	09.00 09.45	STRETCH POSTURALE	silvia
09.00 10.00	YOGA	cri yoga	09.30 10.15	ACQUAGYM	simona	09.45 10.30	GAG	silvia
10.00 10.45	CORSO NUOTO BIMBI	guido	10.00 10.45	FIT STRETCH	ROBY	10.30 11.15	STRETCH POSTURALE	silvia
10.00 10.45	AIR YOGA	cri yoga	13.00 13.45	GAG	ROBY	10.00 10.45	CORSO NUOTO BIMBI	guido
11.00 11.45	GAG - CARDIO FIT	<i>ingrid</i>	13.00 13.45	INDOOR CYCLING	<i>ingrid</i>	10.55 11.40	HYDROBIKE	simona
11.00 11.45	ACQUAGYM	simona	13.45 14.30	PILATES	ROBY	13.00 14.00	AEROBOXE	CRIST
13.00 13.45	SPINNING RIDE	<i>ingrid</i>	13.45 14.30	HYDROBIKE	<i>ingrid</i>	13.05 13.50	ACQUAGYM	ROBY
13.00 13.45	BODY SCULPTURE	ROBY	14.35 15.20	ACQUAGYM	ROBY	13.00 13.45	SPINNING RIDE	<i>ingrid</i>
13.15 14.00	ACQUACIRCUIT	simona	16.30 18.00	CORSO NUOTO BIMBI	guido	16.45 17.30	INDOOR CYCLING	INGRID
16.30 18.00	CORSI NUOTO BIMBI	guido	16.45 17.30	PILATES	silvia	18.20 19.15	STEP DANCE	ROBY
17.00 17.45	GAG	ROBY	17.30 18.15	BODY SCULPTURE	silvia	18.45 19.30	HYDROBIKE	<i>ingrid</i>
17.45 18.30	FIT STRETCH	ROBY	18.25 19.10	GAG	CRIST	19.15 20.00	BODY SCULPTURE	ROBY
19.00 19.45	ACQUAGYM	<i>PIA</i>	19.00 19.45	ACQUAGYM	LAURA	20.00 20.45	STRETCH POSTURALE	ROBY
18.30 19.15	PILATES	ROBY	19.00 19.45	INDOOR CYCLING	<i>MAMO</i>			
19.15 20.00	BODY SCULPTURE	ROBY	19.15 20.00	AEROBOXE	CRIST			
19.30 20.15	INDOOR CYCLING	<i>MAMO</i>						
19.55 20.40	HYDROBIKE	<i>PIA</i>						
20.00 21.00	KICK BOXE/DIFESA PERSONALE	max						

## GIOVEDI'

## VENERDI'

## SABATO

ora	attivita'	istr	ora	attivita'	istr	ora	attivita'	istr
09.00 10.00	YOGA	cri yoga	10.15 11.00	ACQUASOFT	<i>ingrid</i>	10.00 10.45	A ROTAZIONE	
09.30 10.15	ACQUAGYM	simona	11.15 12.00	PILATES	<i>ingrid</i>	11.00 11.45	ACQUAGYM	
10.00 10.45	TOTALBARRE	cri yoga	12.55 13.40	BODY SCULPTURE	ROBY	13.00 13.45	SPINNING RIDE	<i>ingrid</i>
10.45 11.30	GAG	<i>ingrid</i>	13.00 13.45	INDOOR CYCLING	<i>ingrid</i>			
13.00 13.45	PILATES	ROBY	13.45 14.30	ACQUAGYM	ROBY			
13.45 14.30	STEP DANCE	ROBY	14.35 15.20	ACQUASTEP	ROBY			
13.00 13.45	HYDROBIKE	<i>ingrid</i>	16.30 18.00	CORSO NUOTO BIMBI	guido			
16.30 18.00	CORSO NUOTO BIMBI	guido	17.45 18.30	AIR YOGA	cri yoga			
17.00 17.45	PILATES	ROBY	18.30 19.15	TOTALBARRE	cri yoga			
17.45 18.30	BODY SCULPTURE	ROBY	18.45 19.30	INDOOR CYCLING	<i>MAMO</i>			
18.30 19.15	FIT STRETCH	ROBY	19.15 20.00	STRETCH POSTURALE	cri yoga			
19.15 20.00	JUST DANCE	ROBY						
20.00 20.45	ACQUASTEP	ROBY						
20.00 21.00	KICK BOXE/DIFESA PERSONALE	max						

## ORARI DI APERTURA

LUN - VEN	7,30 - 22,00
SAB	9,00 - 19,00
DOM	9,00 - 13,00