

ACQUA TERRA

PLANNING CORSI 22/23

TIME		LUNEDI		13:15-14:00		ACQUA STRONG		19:00-19:45		ACQUA SPECIAL		18:00-18:45		YOGA	
9:00-9:45		POSTURALE		18:30-19:15		BALANCE		TIME		GIOVEDI		18:45-19:30		CARDIO TONE	
9:15-10:00		ACQUA GYM		19:15-20:00		TABATA		8:40-9:30		FUNZIONALE		18:15-19:00		ACQUA CIRCUIT	
10:00-10:45		ACQUA STRONG		18:30-19:15		ACQUA GYM		9:30-10:15		ACQUA POSTURAL		19:00-19:45		ACQUA MIX	
10:45-11:30		ACQUA CIRCUIT		19:15-20:00		ACQUA TOTAL		10:15-11:00		ACQUA GYM		TIME		SABATO	
12:45-13:30		COREO STEP		TIME		MERCOLEDI		11:00-11:45		PALESTRA H2O		10:45-11:30		ACQUA SOFT	
13:00-13:45		ACQUA STRONG		9:00-9:45		PILATES		12:45-13:30		PILATES		11:30-12:15		ACQUA GYM	
14:30-15:15		PALESTRA H2O		9:45-10:30		POSTURAL TRAINING		13:00-13:45		ACQUA CIRCUIT		11:15-12:00		CORSO JOLLY	
15:15-16:00		PALESTRA H2O		9:15-10:00		ACQUA PILATES		18:30-19:15		FUNZIONALE		12:15-13:00		PALESTRA H2O	
18:30-19:15		FUNZIONALE		10:00-10:45		ACQUA STRONG		19:15-20:00		TABATA		13:30-14:15		PALESTRA H2O	
19:15-20:00		POSTURAL		10:45-11:30		ACQUA PILATES		18:30-19:15		ACQUA GYM		TIME		DOMENICA	
18:30-19:15		ACQUA GYM		12:45-11:30		ACQUA COMBAT		19:15-20:00		ACQUA TOTAL		9:30-10:15		PALESTRA H2O	
19:15-20:00		ACQUA CIRCUIT		14:30-15:15		PALESTRA H2O		TIME		VENERDI		10:15-11:00		PALESTRA H2O	
TIME		MARTEDI		15:15-16:00		PALESTRA H2O		9:00-9:45		TOTAL BODY		11:00-11:45		PALESTRA H2O	
8:45-9:30		TOTAL BODY		12:45-13:30		GAG		9:15-10:00		ACQUA SOFT					
9:30-10:15		ACQUA GYM		13:30-14:15		CORE STABILITY		10:00-10:45		ACQUA GYM					
11:30-12:15		PALESTRA H2O		18:30-19:15		GLOBAL CIRCUIT		12:45-13:30		TOTAL BODY					
12:30-13:15		HIIT		19:15-20:00		PILATES		12:45-13:30		ACQUA GYM					
				18:15-19:00		ACQUA CIRCUIT		14:30-15:15		PALESTRA H2O					
								15:15-16:00		PALESTRA H2O					