

ACQUA TERRA

Planning corsi 23/24

TIME	LUNEDI
------	--------

9:00-9:45	TOTAL BODY
-----------	------------

9:15-10:00	ACQUA GYM
------------	-----------

10:00-10:45	GYM DANCE
-------------	-----------

10:45-11:30	ACQUA SOFT
-------------	------------

12:45-13:30	COREO STEP
-------------	------------

13:00-13:45	ACQUA STRONG
-------------	--------------

14:30-15:15	PALESTRA H2O
-------------	--------------

15:15-16:00	PALESTRA H2O
-------------	--------------

18:15-19:00	FUNZIONALE
-------------	------------

19:00-19:45	POSTURAL
-------------	----------

18:30-19:15	ACQUA GYM
-------------	-----------

19:15-20:00	ACQUA CIRCUIT
-------------	---------------

TIME	MARTEDI
------	---------

8:45-9:30	CORE STABILITY
-----------	----------------

9:30-10:15	ACQUA PILATES
------------	---------------

11:30-12:15	PALESTRA H2O
-------------	--------------

12:30-13:15	HIIT
-------------	------

13:15-14:00	ACQUA STRONG
-------------	--------------

17:15-18:00	HIP HOP
-------------	---------

18:30-19:15	BALANCE
-------------	---------

19:15-20:00	TABATA
-------------	--------

18:30-19:15	ACQUA GYM
-------------	-----------

19:15-20:00	ACQUA TOTAL
-------------	-------------

TIME	MERCOLEDI
------	-----------

9:00-9:45	PILATES
-----------	---------

9:45-10:30	POSTURAL TRAINING
------------	-------------------

9:15-10:00	ACQUA PILATES
------------	---------------

10:00-10:45	ACQUA TONE
-------------	------------

10:45-11:30	ACQUA GYM
-------------	-----------

12:45-13:30	ACQUA COMBAT
-------------	--------------

14:30-15:15	PALESTRA H2O
-------------	--------------

15:15-16:00	PALESTRA H2O
-------------	--------------

12:45-13:30	FUNCTIONAL GAG
-------------	----------------

13:45-14:30	CORE STABILITY
-------------	----------------

18:30-19:15	GLOBAL CIRCUIT
-------------	----------------

19:15-20:00	PILATES
-------------	---------

18:15-19:00	ACQUA CIRCUIT
-------------	---------------

19:00-19:45	ACQUA SPECIAL
-------------	---------------

TIME	GIOVEDI
------	---------

8:45-9:30	FUNZIONALE
-----------	------------

9:30-10:15	ACQUA POSTURAL
------------	----------------

10:15-11:00	ACQUA GYM
-------------	-----------

11:00-11:45	PALESTRA H2O
-------------	--------------

12:15-13:00	PILATES
-------------	---------

13:00-13:45	ACQUA CIRCUIT
-------------	---------------

17:15-18:00	HIP HOP
-------------	---------

18:15-19:00	STEP FUNCTIONAL
-------------	-----------------

19:00-19:45	GLAM DANCE
-------------	------------

18:30-19:15	ACQUA GYM
-------------	-----------

19:15-20:00	ACQUA TOTAL
-------------	-------------

TIME	VENERDI
------	---------

9:00-9:45	GAG
-----------	-----

9:15-10:00	ACQUA TONE
------------	------------

10:00-10:45	ACQUA BOMB
-------------	------------

12:45-13:30	TOTAL BODY
-------------	------------

12:45-13:30	ACQUA GYM
-------------	-----------

14:30-15:15	PALESTRA H2O
-------------	--------------

15:15-16:00	PALESTRA H2O
-------------	--------------

18:00-18:45	YOGA
-------------	------

18:45-19:30	CARDIO TONE
-------------	-------------

18:15-19:00	ACQUA CIRCUIT
-------------	---------------

19:00-19:45	ACQUA MIX
-------------	-----------

TIME	SABATO
------	--------

10:45-11:30	ACQUA TOTAL
-------------	-------------

11:30-12:15	ACQUA MIX
-------------	-----------

11:15-12:00	CORSO JOLLY
-------------	-------------

12:15-13:00	PALESTRA H2O
-------------	--------------

13:30-14:15	PALESTRA H2O
-------------	--------------

TIME	DOMENICA
------	----------

9:30-10:15	PALESTRA H2O
------------	--------------

10:15-11:00	PALESTRA H2O
-------------	--------------

11:00-11:45	PALESTRA H2O
-------------	--------------