

TIME	LUNEDI
9:00-9:45	TOTAL BODY
9:45-10:30	FLEXIBILITY
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
14:30-16:00	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	MERCOLEDI
8:10-8:55	ACQUA SOFT
9:00-9:45	PILATES
9:45-10:30	POSTURAL
9:15-10:00	ACQUA PILATES
10:00-10:45	ACQUA TONE
10:45-11:30	ACQUA GYM
12:45-13:30	ACQUA COMBAT
14:30-16:00	PALESTRA H2O
12:30-13:15	FUNCTIONAL GAG
13:15-14:00	AERO DANCE
14:00-14:45	CORE STABILITY
18:15-19:00	POWER TONE
19:00-20:00	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
12:45-13:30	PILATES
13:00-13:45	ACQUA GYM
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	SABATO
10:45-11:30	ACQUA TOTAL
11:30-12:15	ACQUA MIX
11:15-12:00	CORSO JOLLY
12:15-14:15	PALESTRA H2O

TIME	MARTEDI
8:45-9:30	CORE STABILITY
8:45-9:30	ACQUA SOFT
9:30-10:15	ACQUA PILATES
11:30-12:15	PALESTRA H2O
12:30-13:15	HIIT
13:15-14:00	ACQUA STRONG
18:30-19:15	BALANCE
19:15-20:00	TABATA
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
18:15-19:15	ACQUA MIX

TIME	DOMENICA
9:30-10:15	PALESTRA H2O
10:15-11:00	PALESTRA H2O
11:00-11:45	PALESTRA H2O

# ACQUA TERRA

## PLANNING CORSI 23/24