

Spring

21 marzo 2019

FESTEGGIA CON NOI LA PRIMAVERA

PLANNING ATTIVITÀ

PISCINA

	Vasca fitness			Vasca sub		
	1.20		1.40	1.25	0.90/0.50	
18.30	Tread Gym	Water Step	Jump	--	Giochi in acqua per bambini	
19.00	Tread Gym	Water Step	Jump	Bike		
19.30	Tread Gym	Water Step	Jump	Bike		
20.00	Tread Gym	Water Step	Jump	Bike		
20.30	Tread Gym	Water Step	Jump	Bike		
21.00	Tread Gym	Water Step	Jump	Bike		
21.30	Tread Gym	Water Step	Jump	Bike		

PALESTRA

	Studio 1	Studio 2	Studio 3	Studio 4	Elite Lounge
18.00	--	Moove	Pilates	AAS Super Jump	--
19.00	FUNCTIONAL SPRING BATTLE	H.E.A.T. Program®	Dance Training	Barre	Group Cycling®
20.00	Join Mobility & Core Strenght	H.E.A.T. Program®	Zumba	Yoga	Group Cycling®