

PROGRAMMA ATTIVITA' BEACH VILLAGE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
10:00	PILATES	SOFT GYM	PILATES	SOFT GYM	PILATES	SOFT GYM	PILATES
10:30	ACQUAGYM SPINNING	ACQUATONE SPINNING	ACQUAGYM SPINNING	ACQUATONE SPINNING	ACQUAGYM SPINNING	ACQUATONE SPINNING	ACQUAGYM SPINNING
11:00	AEROBICA	TONE	ABS WORK	PUMP	METABOLIC WORKOUT	ABS WORKOUT	TONE UP
11:30	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME
16:00	DJ SET	DJ SET	DJ SET	DJ SET	DJ SET	DJ SET	DJ SET
16:15	DJ SET	DJ SET	DJ SET	DJ SET	DJ SET	DJ SET	DJ SET
17:00	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME
17:30	TONE	ZERO SPINNING	PUMP	TONE UP SPINNING	LATINO SPINNING	ZERO	METABOLIC WORKUOT
17:50	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING	STRETCHING

