

Programma Attività Settimana

(Weekly Activities Program)



	LUNEDI (monday)	MARTEDI (tuesday)	MERCOLEDI (wednesday)	GIOVEDI (thursday)	VENERDI (friday)	SABATO (saturday)	DOMENICA (sunday)
10:00	PILATES	SOFT GYM	SALUTO AL SOLE	SOFT GYM	PILATES	SOFT GYM	SALUTO AL SOLE
10:30	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM
11:00	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS
11:30	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME
16:15	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM
17:00	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME	DANCE TIME
17:30	AEROBICA	TONIFICAZIONE	METABOLIC WORKOUT	STEP	AEROBICA	TOTAL BODY	METABOLIC WORKOUT
17:50	Ani a Vera relax	Ani a Vera relax	Ani a Vera relax	Ani a Vera relax	Ani a Vera relax	Ani a Vera relax	Ani a Vera relax