

# H2O FITNESS CENTER

Planning corsi dal 26/10/2020

## LUNEDÌ

9:00 (1/2)  
Pilates  
-----  
10:00 (1/2)  
Posturale 30'  
-----  
10:00 (P)  
H2O Gym  
-----  
11:00 (1/2)  
X-Training  
-----  
13:30 (2)  
Tone Up  
-----  
13:30 (1)  
Yoga  
-----  
18:00 (1)  
Posturale  
30'  
-----  
18:00 (2)  
B.F.T.  
-----  
18:30 (1)  
Pilates  
-----  
19:00 (2)  
Gag  
-----  
19:00 (P)  
H2O C.Training  
-----  
19:30 (1)  
Yoga  
-----  
19:30 (S)  
Indoor Cycling  
-----  
20:00 (2)  
Prepugilistica  
-----  
20:10 (P)  
Hydrobike

## MARTEDÌ

9:00 (1/2)  
Life Fitness  
-----  
11:00 (1/2)  
Pilates  
-----  
12:30 (1/2)  
Funzionale  
-----  
13:30 (P)  
H2O Gym  
-----  
13:30 (1/2)  
Total Body  
-----  
17:30 (1/2)  
Pilates  
-----  
18:30 (1/2)  
Tone Up  
-----  
19:00 (P)  
Hydrobike  
-----  
19:30 (2)  
Functional 40'  
-----  
19:30 (l)  
Aerobica  
-----  
20:10 (2)  
Total Body

## MERCOLEDÌ

9:00 (1/2)  
Gag  
-----  
10:00 (P)  
H2O Gym  
-----  
11:00 (1/2)  
X-Training  
-----  
13:30 (2)  
Gag  
-----  
13:30 (1)  
Yoga  
-----  
16:30 (1/2)  
Posturale  
30'  
-----  
17:00 (1/2)  
Yoga  
-----  
18:00 (1)  
AKI Pump  
-----  
18:10 (P)  
Hydrobike  
-----  
18:30 (2)  
Total Workout  
-----  
19:00 (P)  
H2O C. Jump  
-----  
19:00 (1)  
Tone Up  
-----  
19:30 (2)  
Olistic  
-----  
19:30 (S)  
Indoor Cycling  
-----  
20:00 (1)  
Step  
-----  
20:30 (2)  
Prepugilistica

## GIOVEDÌ

9:00 (1/2)  
Life Fitness  
-----  
11:00 (1/2)  
Pilates  
-----  
12:30 (1/2)  
Funzionale  
-----  
13:30 (P)  
H2O Gym  
-----  
13:30 (1/2)  
Total Body  
-----  
17:30 (1/2)  
Pilates  
-----  
18:30 (1/2)  
Tone Up  
-----  
19:00 (P)  
Hydrobike  
-----  
19:30 (2)  
Functional 40'  
-----  
19:30 (l)  
Aerobica  
-----  
20:10 (P)  
H2O Kick  
-----  
20:10 (2)  
Total Body

## VENERDÌ

9:00 (1/2)  
Pilates  
-----  
10:00 (1/2)  
Posturale 30'  
-----  
10:00 (P)  
Hydrobike  
-----  
13:30 (1/2)  
Tone Up  
-----  
17:00 (1/2)  
Step Tone  
-----  
18:00 (1)  
Posturale 30'  
-----  
18:00 (2)  
Funzionale  
-----  
18:30 (1)  
Yoga  
-----  
19:00 (2)  
TRX  
-----  
19:00 (P)  
H2O Jump  
-----  
19:30 (1)  
Pilates  
-----  
19:30 (S)  
Indoor Cycling  
-----  
20:00 (P)  
Hydrobike

## SABATO

10:30 (S)  
Indoor Cycling  
-----  
11:30 (1/2)  
Tone Up  
-----  
12:30 (P)  
H2O Gym  
-----  
13:30 (P)  
Hydrobike