

CASAL MONASTERO

Planning valido dal: 20 GIUGNO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7.30-8.20 MorningWorkout <i>Studio 1</i>	9.00-9.50 Pancafit <i>Studio 4</i>	7.30-8.20 MorningWorkout <i>Studio 1</i>	9.00-9.50 Pancafit <i>Studio 4</i>	9.00-9.50 Pilates <i>Studio 1</i>	10.00-10.50 Pilates <i>Studio 1</i>
9.00-9.50 Pilates <i>Studio 1</i>	10.00-10.50 Posturale <i>Studio 2</i>	9.00-10.00 Vinyasa Yoga <i>Studio 2</i>	10.00-10.50 Posturale <i>Studio 2</i>	9.30-10.20 Acqua Gag <i>Vasca piccola</i>	10.30-11.15 Salsa <i>Studio 2</i>
9.30-10.20 Acqua Gym <i>Vasca piccola</i>	10.00-10.30 Body Functional <i>Studio 1</i>	9.30-10.30 Indoor cycling <i>Studio 5</i>	10.00-10.30 Body Functional <i>Studio 1</i>	10.00-10.45 Pancafit <i>Studio 4</i>	11.00-11.50 Energy Saturday <i>Studio 1</i>
10.00-10.45 Pancafit <i>Studio 4</i>	10.30-11.20 Acqua Gym <i>Vasca grande</i>	9.30-10.30 Idrobike <i>Vasca piccola</i>	10.30-11.20 Acqua Gym <i>Vasca grande</i>	10.30-11.20 Acqua Gym <i>Vasca grande</i>	11.15-12.15 Indoor cycling <i>Studio 5</i>
10.30-11.20 Acqua Gag <i>Vasca grande</i>	11.00-11.45 Salsa <i>Studio 1</i>	10.30-11.20 Body Pump <i>Studio 1</i>	13.15-13.45 Functional Wod <i>Studio 1</i>	10.30-11.20 Pound <i>Studio 1</i>	11.00-11.50 Acqua Gym <i>Vasca grande</i>
10.30-11.20 Total Body <i>Studio 1</i>	13.15-13.45 Functional Wod <i>Studio 1</i>	10.30-11.20 Acqua Gym <i>Vasca grande</i>	13.15-14.05 Acqua Tabata <i>Vasca piccola</i>	11.15-11.45 Pancafit <i>Sala Pesi</i>	16.30-17.20 Total Body <i>Studio 1</i>
11.15-11.45 Pancafit <i>Sala Pesi</i>	13.15-14.05 Acqua Tabata <i>Vasca piccola</i>	10.45-11.30 Pancafit <i>Studio 4</i>	17.00-17.20 Abdominal <i>Sala pesi</i>	13.15-14.05 Total Body <i>Studio 1</i>	
13.15-14.05 Total Body <i>Studio 1</i>	17.00-17.50 Total Body <i>Studio 1</i>	12.00-12.30 Pancafit <i>Sala Pesi</i>	17.00-17.50 Super Gag <i>Studio 1</i>	17,00-18,00 Pancafit <i>Sala Pesi</i>	DOMENICA
17.00-17.30 Pancafit <i>Sala Pesi</i>	18.00-19.00 Indoor cycling <i>Studio 5</i>	13.15-14.05 Pilates <i>Studio 1</i>	18.00-19.00 Indoor cycling <i>Studio 5</i>	17.00-17.50 Total Body <i>Studio 1</i>	10.00-10.50 Acqua Gym <i>Vasca grande</i>
17.00-17.50 Body Pump <i>Studio 1</i>	18.20-19.10 Pilates <i>Studio 2</i>	16.30-17.00 Pancafit <i>Sala Pesi</i>	18.20-19.10 Pilates <i>Studio 2</i>	18.00-18.50 Pilates <i>Studio 1</i>	11.00-11.50 Easy Sunday <i>A rotazione</i>
17.30-18.20 Posturale <i>Studio 2</i>	18.30-19.20 Cross Easyfit <i>Studio 1</i>	17.00-17.50 Body Pump <i>Studio 1</i>	18.30-19.20 Cross Easyfit <i>Studio 1</i>	18.00-18.50 Acqua Gym <i>Vasca grande</i>	
18.15-19.05 Tabata <i>Studio 1</i>	19.00-19.50 Acqua Gym <i>Vasca piccola</i>	17.30-18.20 Mezieres <i>Studio 2</i>	19.00-19.50 Acqua Gym <i>Vasca piccola</i>	18.15-19.15 Indoor cycling <i>Studio 5</i>	
18.30-19.20 Walking <i>Studio 5</i>	19.15-20.00 Pancafit <i>Studio 4</i>	18.00-19.00 Indoor cycling <i>Studio 5</i>	19.15-20.00 Pancafit <i>Studio 4</i>	18.30-19.20 Pound <i>Studio 2</i>	
18.30-19.15 Pancafit <i>Studio 4</i>	19.30-20.20 Super Gag <i>Studio 1</i>	18.15-19.05 Zumba <i>Studio 1</i>	19.20-20.20 Vinyasa Yoga <i>studio 2</i>	19.15-20.05 Interval Training <i>Studio 1</i>	
19.15-20.05 Suspension Training <i>Studio 2</i>	Walking <i>Studio 5</i>	Suspension Training <i>Studio 2</i>	Body pump <i>Studio 1</i>		
19.00-19.50 Acqua Tabata <i>Vasca piccola</i>	19.50-20.50 Idrobike <i>Vasca piccola</i>	18.30-19.15 Pancafit <i>Studio 4</i>	19.30-20.20 Walking <i>Studio 5</i>		
19.15-20.05 Step and Tone <i>Studio 1</i>	19.20-20.20 Vinyasa Yoga <i>studio 2</i>	19.00-20.00 Idrobike <i>Vasca piccola</i>	19.50-20.50 Idrobike <i>Vasca piccola</i>		
20.15-21.05 Funzionale <i>Studio 1</i>	20.30-21.30 Prepugilistica <i>studio 1</i>	19.15-20.05 Step and Tone <i>Studio 1</i>	20.30-21.30 Prepugilistica <i>studio 1</i>		
		19.20-20.10 Walking <i>Studio 5</i>			
		19.30-20.20 Pilates <i>Studio 2</i>			
		20.15-21.05 Funzionale <i>Studio 1</i>			

