

TRASTEVERE

Planning valido dal **20**
GIUGNO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07.05-07.55 Hydrobike <i>Swimming pool</i>	7.30-08.20 Funzionale <i>Body&Mind Zone</i>	07.05-07.55 Acquafitness <i>Swimming pool</i>	08.15-09.05 Pilates Training <i>Fitness Zone</i>	07.05-07.55 Acquafitness <i>Swimming pool</i>	10.10-11.00 Pilates <i>Fitness Zone</i>
08.00-09.00 Studio Reformer <i>Studio Reformer</i>	08.15-09.05 Pilates Training <i>Fitness Zone</i>	09.00-9.50 Functional Step <i>Fitness Zone</i>	08.30-09.20 Hydrobike <i>Swimming pool</i>	7.30-08.20 Funzionale <i>Fitness Zone</i>	11.10-12.10 Studio Reformer <i>Studio Reformer</i>
09.00-09.50 Total Body <i>Fitness Zone</i>	08.30-09.20 Hydrobike <i>Swimming pool</i>	09.40-10.30 Posturale <i>Body&Mind Zone</i>	09.15-10.05 Posturale <i>Body&Mind Zone</i>	08.00-09.00 Studio Reformer <i>Studio Reformer</i>	11.15-12.15 Ashtanga Yoga <i>Body&Mind Zone</i>
09.00-10.00 Nuoto Guidato <i>Swimming pool</i>	09.15-10.05 Posturale <i>Body&Mind Zone</i>	10.00-10.30 Women Strenght <i>Sala Pesi/Small Group</i>	09.30-10.20 Total Body <i>Fitness Zone</i>	09.00-09.50 Total Body <i>Fitness Zone</i>	11.30-12.20 Funzionale <i>Fitness Zone</i>
09.30-10.20 Pilates <i>Body&Mind Zone</i>	09.30-10.20 Total Body <i>Fitness Zone</i>	11.00-12.00 Studio Reformer <i>Studio Reformer</i>	10.00-10.30 Abdominal <i>Sala Pesi/Small Group</i>	09.00-10.00 Nuoto Guidato <i>Swimming pool</i>	12.30-13.20 Yoga in volo <i>Fitness Zone</i>
10.00-10.50 Acquagym <i>Swimming pool</i>	10.00-10.20 Abdominal <i>Sala Pesi/Small Group</i>	11.00-11.50 Yoga in volo <i>Fitness Zone</i>	10.00-11.00 Studio Reformer <i>Studio Reformer</i>	09.30-10.20 Pilates <i>Body&Mind Zone</i>	12.30-13.20 Acquagym <i>Swimming pool</i>
10.00-10.30 Women Strenght <i>Sala Pesi/Small Group</i>	10.00-11.00 Studio Reformer <i>Studio Reformer</i>	11.00-11.50 Hydrobike <i>Swimming pool</i>	10.30-11.20 Pilates <i>Fitness Zone</i>	10.00-10.50 Acquagym <i>Swimming pool</i>	DOMENICA
10.30-11.20 Posturale <i>Body&Mind Zone</i>	10.30-11.20 Pilates <i>Fitness Zone</i>	13.00-13.50 Acquafitness <i>Swimming pool</i>	11.30-12.20 Posturale <i>Fitness Zone</i>	10.00-10.30 Women Strenght <i>Sala Pesi/Small Group</i>	
11.00-12.00 Studio Reformer <i>Studio Reformer</i>	11.30-12.20 Posturale <i>Fitness Zone</i>	13.15-14.05 Funzionale <i>Fitness Zone</i>	12.00-12.50 Acquafitness <i>Swimming pool</i>	10.30-11.20 Posturale <i>Body&Mind Zone</i>	
12.10-13.00 Pancafit ® <i>Body&Mind Zone</i>	12.00-12.50 Acquafitness <i>Swimming pool</i>	13.30-14.20 Pilates <i>Body&Mind Zone</i>	13.00-14.00 Studio Reformer <i>Studio Reformer</i>	11.00-12.00 Studio Reformer <i>Studio Reformer</i>	
13.15-14.05 Tabata <i>Fitness Zone</i>	13.00-14.00 Studio Reformer <i>Studio Reformer</i>	16.00-17.00 Danza Moderna 11/18 anni <i>Fitness Zone</i>	13.00-13.50 Acquagym <i>Swimming pool</i>	12.10-13.00 Pancafit ® <i>Body&Mind Zone</i>	
13.30-14.20 Hydrobike <i>Swimming pool</i>	13.30-14.00 Suspension Training <i>Sala Pesi/Small Group</i>	17.00-18.00 Gioco Danza 3-6 anni <i>Fitness Zone</i>	13.30-14.00 Suspension Training <i>Sala Pesi/Small Group</i>	13.30-14.30 Studio Reformer <i>Studio Reformer</i>	
13.30-14.30 Studio Reformer <i>Studio Reformer</i>	13.30-14.30 Vinyasa Yoga <i>Body&Mind Zone</i>	17.00-18.00 Studio Reformer <i>Studio Reformer</i>	13.30-14.30 Vinyasa Yoga <i>Body&Mind Zone</i>	13.15-14.05 Tabata <i>Fitness Zone</i>	
15.00-15.20 Abdominal <i>Sala Pesi/Small Group</i>	16.00-17.00 Karate Adolescenti <i>Fitness Zone</i>	17.00-17.30 Cross Circuit <i>Sala Pesi/Small Group</i>	15.00-15.20 Abdominal <i>Sala Pesi/Small Group</i>	13.30-14.20 Hydrobike <i>Swimming pool</i>	
16.00-17.00 Danza Moderna 11/18 anni <i>Body&Mind Zone</i>	17.00-18.00 Karate Baby <i>Fitness Zone</i>	18.30-19.30 Studio Reformer <i>Studio Reformer</i>	16.00-17.00 Karate Adolescenti <i>Fitness Zone</i>	17.00-18.00 Danza Moderna 7/10 anni <i>Body&Mind Zone</i>	
17.00-18.00 Gioco Danza 3-6 anni <i>Body&Mind Zone</i>	18.00-18.50 Posturale <i>Body&Mind Zone</i>	19.00-19.50 Pancafit ® <i>Body&Mind Zone</i>	17.00-18.00 Karate Baby <i>Fitness Zone</i>	17.00-18.00 Studio Reformer <i>Studio Reformer</i>	
17.00-18.00 Studio Reformer <i>Studio Reformer</i>	18.00-18.30 Suspension Training <i>Sala Pesi/Small Group</i>	19.00-19.50 Total Body <i>Fitness Zone</i>	18.00-18.30 Suspension Training <i>Sala Pesi/Small Group</i>	17.30-18.00 Cross Circuit <i>Sala Pesi/Small Group</i>	
17.30-18.00 Cross Circuit <i>Sala Pesi/Small Group</i>	18.30-19.20 Tabata <i>Fitness Zone</i>	19.10-20.00 Acquacircuit <i>Swimming pool</i>	18.00-18.50 Posturale <i>Body&Mind Zone</i>	18.00-19.00 Studio Reformer <i>Studio Reformer</i>	
18.00-19.00	19.00-19.50	20.10-21.00	18.30-19.20	19.00-19.50	

