



# LIFE CLUB

## PIANO CORSI dal 7 gennaio 2019

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
	9.00 - 9.45 POSTURAL GYM				
9.45 - 10.30 PILATES	9.45 - 10.30 TOTAL BODY	9.45 - 10.30 EASY GYM	9.45 - 10.30 AQUACIRCUIT		10.00 - 10.45 CORSI A ROTAZIONE
12.15 - 13.00 BODY TONE	12.15-13.00 SPINNING	12.15 - 13.00 PILATES	12.15 - 13.00 TABATA CIRCUIT	12.15 - 13.00 AQUAFITNESS	
15.00 - 15.45 CORE TRAINING	15.00 - 15.45 TOTAL BODY	15.00 - 15.45 AQUAGYM			
18.00 - 18.30 ABS POWER	18.30 - 19.00 FIT CROSS	18.00 - 18.30 CORE STABILITY	18.30 - 19.00 TRX BASIC	18.30 - 19.15 G.A.G.	
18.30 - 19.15 STEP & TONE	19.00 - 20.00 TRX ADVANCE & STRETCHING	18.30 - 19.15 PILATES 2° LIVELLO	19.00 - 19.45 AQUAFITNESS	19.15 - 20.00 STRETCH & TONE	
19.15 - 20.00 PILATES 1° livello	19.00- 19.45 AQUABIKE	19.15 - 20.00 STEP & TONE	19.00 - 20.00 FUNCTIONAL TRAINING		
20.00 - 21.00 RUNNING TRAINING		20.00 - 21.00 RUNNING TRAINING	20.00 - 21.00 SPINNING		