

FIT-ZONE SCHEDULE

	Sunday <i>Domenica</i>	Monday <i>Lunedì</i>	Tuesday <i>Martedì</i>	Wednesday <i>Mercoledì</i>	Thursday <i>Giovedì</i>	Friday <i>Venerdì</i>
9:30-10:30	Light Pilates	Light Pilates	Light Pilates	Light Pilates	Light Pilates	Light Pilates
11:00-12:00 BAIA DELLE PALME	AcquaGym	AcquaGym	AcquaGym	AcquaGym	AcquaGym	AcquaGym
15:30-16:30 BAIA DELLE PALME	AcquaGym / Acqua Flat	AcquaGym / Acqua Flat	AcquaGym / Acqua Flat	AcquaGym / Acqua Flat	AcquaGym / Acqua Flat	AcquaGym / Acqua Flat
17:00-18:00	Functional or Tabata or CrossFit or Pilates	Functional or Tabata or CrossFit or Pilates	Functional or Tabata or CrossFit or Pilates	Functional or Tabata or CrossFit or Pilates	Functional or Tabata or CrossFit or Pilates	Functional or Tabata or CrossFit or Pilates
18:00-19:00		Pilates stretching		Pilates stretching		Pilates stretching

For any further information please ask at the Sport Area **8938**
Per ulteriori informazioni rivolgersi allo Sport Area **8938**