

MASTER///CLUB

CORSI FITNESS

LUNEDI

- **9:00** WAKE UP (Daniel)
- **10:00** MOBILITY (Daniel)
- **11:00** ACQUAGYM (Daniele)
- **11:00** CARDIO FITNESS (Simone I.)
- **12:00** POSTURALE (Simone I.)
- **13:00** CIRCUIT TRAINING (Simone I.)

- **17:45** HATHA YOGA (Nabila)
- **19:00** CARDIO FITNESS (Alessandro)
- **19:00** ACQUA GAG (Daniele)

MARTEDI

- **9:00** PILATES (Alberto)
- **10:00** TONIFICAZIONE (Matteo)
- **11:00** MOBILITA' ARTICOLARE (Matteo)

- **13:00** TRX (Matteo)

- **19:00** TRX (Daniele R.)

MERCOLEDI

- **9:00** HATA YOGA (Nabila)
- **10:00** ZUMBA (Silvia)
- **11:00** GAG (Silvia)
- **11:00** ACQUAGYM (Daniele)
- **12:00** YOGA FLOW (Silvia C.)
- **13:00** FULL BODY (Alessandro)

- **18:00** CORE STABILITY (Sergio)
- **19:00** FUNCTIONAL (Sergio)
- **19:00** ACQUAGYM (Giulia)

GIOVEDI

- **9:00** WAKE UP (Silvia)
- **10:00** MOBILITY (Daniel)
- **11:00** ACQUAGYM (Daniele)
- **11:00** MOVIMENTO LATINO (Daniel)
- **12:00** POSTURALE (Simone I.)
- **13:00** CIRCUIT TRAINING (Simone I.)

- **17:45** HATHA YOGA (Nabila)

- **19:00** TRX (Sergio)
- **19:00** ACQUA CROSS (Giulia)

VENERDI

- **9:00** PILATES (Alberto)
- **10:00** CIRCUIT TRAINING (Daniele R.)
- **11:00** KILLER CRUNCH (Daniele R.)
- **12:00** YOGA FLOW (Silvia C.)
- **13:00** ZUMBA (Silvia)

SABATO

- **11:00** CARDIO FITNESS (Alessandro)
- **12:00** BALL PILATES (Alessandro)