

# FITNESS 2020 • 2021

## LUNEDÌ

ORARIO	ATTIVITÀ
8:00	Virtual Cycling
8:00	Regeneration
9:00	Pilates
9:30	Aquathletic
10:00	Strength Training
10:30	Aqua Endurance
11:00	Regeneration
12:00	Virtual Cycling
12:45	Functional Strength
13:00	AquaShape
13:15	Strength Training
14:30	Shape Training
15:00	Virtual Cycling
16:45	Tabata 30'
17:30	Shape Training
18:00	Aquathletic
18:30	Pilates
19:00	Aqua Endurance
19:30	Strength Training
20:15	Virtual Cycling
20:30	Functional Strength

## MARTEDÌ

ORARIO	ATTIVITÀ
7:00	Virtual Cycling
7:00	Go Running (Outdoor)
7:45	Aqua Endurance
7:45	Functional Strength
8:30	Yoga
9:30	Aqua Regeneration
10:00	Shape Training
11:00	Endurance
11:30	Virtual Cycling
13:00	Pilates
13:15	Aqua Endurance
13:30	Virtual Cycling
15:00	Virtual Grit
15:30	Virtual Cycling
16:45	Body Active
17:30	Endurance
17:30	Aqua Endurance
18:30	Endurance
19:00	AquaShape
19:30	Shape Training

## MERCOLEDÌ

ORARIO	ATTIVITÀ
8:00	Virtual Cycling
8:00	Regeneration
8:45	Regeneration
9:30	Aqua Endurance
10:00	Endurance
11:00	Strength Training
12:00	Virtual Cycling
12:45	Functional Strength
13:00	Aquathletic
13:15	Endurance
14:30	Functional Strength
15:00	Virtual Cycling
16:45	Tabata 30'
17:30	Shape Training
18:00	AquaShape
18:30	Pilates
19:00	Aquathletic
19:30	Strength Training
20:15	Virtual Cycling
20:30	Functional Strength

## GIOVEDÌ

ORARIO	ATTIVITÀ
7:00	Virtual Cycling
7:00	Go Running (Outdoor)
7:45	Aqua Endurance
7:45	Functional Strength
8:30	Yoga
9:30	Aqua Regeneration
10:00	Shape Training
11:00	Endurance
11:30	Virtual Cycling
13:00	Yoga
13:15	AquaShape
13:30	Virtual Cycling
15:00	Virtual Grit
15:30	Virtual Cycling
16:45	Body Active
17:30	Endurance
17:30	AquaShape
18:30	Endurance
19:00	Aqua Endurance
19:30	Shape Training

## VENERDÌ

ORARIO	ATTIVITÀ
8:00	Virtual Cycling
8:00	Regeneration
9:00	Pilates
9:30	Aquathletic
10:00	Strength Training
10:30	AquaShape
11:00	Regeneration
12:00	Virtual Cycling
12:45	Functional Strength
13:00	Aqua Endurance
13:15	Strength Training
14:30	Shape Training
15:00	Virtual Cycling
16:15	Tabata 30'
17:00	Pilates
18:00	Aquathletic
18:00	Yoga
19:00	AquaShape
19:00	Strength Training
20:00	Functional Strength
20:15	Virtual Cycling

## SABATO

ORARIO	ATTIVITÀ
8:00	Virtual Cycling
8:30	Go Running (Outdoor)
9:30	Aqua Endurance
10:00	Virtual Cycling
11:30	AquaShape
12:15	Virtual Cycling
15:00	Virtual Grit
16:00	Virtual Cycling

## DOMENICA

ORARIO	ATTIVITÀ
9:30	Virtual Cycling
10:30	Virtual Cycling
11:30	Virtual Grit

