

LUNEDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30		ADDOMINALI 7.30 - 8.00		
7.45				
8.00		SKILL ATHLETIC 8.00 - 8.45		ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30				
8.45				
9.00	TOTAL BODY 9.00 - 9.45		WALKING 9.00 - 9.45	
9.15				
9.30				ACQUA GYM 09.30 - 10.15
9.45				
10.00	PILATES 10.00 - 10.45			
10.15				
10.30				ACQUA GYM 10.30 - 11.15
10.45				
11.00	FUNCTIONAL BARRÈ 11.00 - 11.45	CAMMINO E MOBILITÀ 11.00 - 11.45		
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		EGO CARDIO & CORE 13.00 - 13.30		
13.15				
13.30	TOTAL BODY 13.30 - 14.15	SKILL ATHLETIC 13.30 - 14.15	EGO CYCLING 13.30 - 14.15	ACQUA TRAINING 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				ACQUA HIT 30 14.30 - 15.00
14.45				
15.00				ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.15				
15.30				
15.45				
16.00	PILATES 16.00 - 16.45			ACQUA JUMP 16.00 - 16.45
16.15				
16.30				
16.45				
17.00		EGO CARDIO & CORE 17.00 - 17.30		ACQUA WELLNESS CIRCUIT 17.00 - 18.00
17.15	YOGA 17.00 - 17.45			
17.30		EGO FORZA 30 17.30 - 18.00	GROUP CYCLING 17.30 - 18.30	
17.45				
18.00	BODY TONIC 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		ACQUA TRAINING 18.00 - 18.45
18.15				
18.30			WELCOME TO CYCLE 18.30 - 19.00	
18.45		EGO MOBILITY & CORE 18.45 - 19.15	NY CYCLE 19.00 - 19.30	ACQUA TRAINING 19.00 - 19.45
19.00	CALISTHENICS 19.00 - 19.45			
19.15		CROSS EGO 19.15 - 20.00		
19.30	EGO PUMP 19.00 - 19.45			
19.45			GROUP CYCLING 19.45 - 20.45	ACQUA TRAINING 20.00 - 20.45
20.00				
20.15	TAI CHI 20.00 - 20.45	CROSS EGO 20.00 - 20.45		
20.30				
20.45				
21.00				
21.15				
21.30				

MARTEDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30				ACQUA HIT 30 7.30 - 8.00
7.45				
8.00				ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30				
8.45	YOGA 8.30 - 9.15			
9.00			EGO CYCLING 8.45 - 9.30	ACQUA ANTALGICA 9.00 - 9.45
9.15				
9.30				
9.45	PILATES 9.30 - 10.15			
10.00				ACQUA FLUID 10.00 - 10.45
10.15		SKILL ATHLETIC 10.00 - 10.45		
10.30	PILATES 10.30 - 11.15			
10.45				
11.00				ACQUA FLUID 11.00 - 11.45
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00	ADDOMINALI 13.00 - 13.30			
13.15				
13.30	EGO PUMP 13.30 - 14.15	CROSS EGO 13.30 - 14.15	WALKING 13.30 - 14.15	ACQUA JUMP 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				
14.45				ACQUA JUMP 15.00 - 15.45
15.00				
15.15				ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.30				
15.45				
16.00				ACQUA WELLNESS CIRCUIT 16.00 - 17.00
16.15				
16.30	ADDOMINALI 16.30 - 17.00			
16.45				
17.00				
17.15	BODY TONIC 17.00 - 17.45			
17.30		FUNCTIONAL CIRCUIT 17.30 - 18.00	WALKING 17.30 - 18.15	IDROBIKE 17.30 - 18.15
17.45				
18.00	EGO PUMP 18.00 - 18.45	CROSS EGO 18.00 - 18.45		
18.15				
18.30		EGO FORZA 30 18.45 - 19.15	WALKING 18.45 - 19.30	ACQUA WELLNESS CIRCUIT 18.30 - 19.30
18.45				
19.00	GAG 19.00 - 19.45			
19.15		SKILL ATHLETIC 19.30 - 20.15		IDROBIKE 19.30 - 20.15
19.30				
19.45			GROUP CYCLING 20.00 - 21.00	ACQUA JUMP 20.15 - 21.00
20.00	PILATES 20.00 - 20.45			
20.15				
20.30				CORSO DI NUOTO 20.30 - 21.15
20.45				
21.00				
21.15				
21.30				

MERCOLEDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30				
7.45		ADDOMINALI 7.30 - 8.00		
8.00				
8.15		SKILL ATHLETIC 8.00 - 8.45		ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.30				
8.45				
9.00	AFRO FIT 9.00 - 9.45		WALKING 9.00 - 9.45	
9.15				
9.30				ACQUA GYM 9.30 - 10.15
9.45				
10.00	PILATES 10.00 - 10.45		WELCOME TO CYCLE 10.00 - 10.30	
10.15				
10.30			GROUP CYCLING 10.30 - 11.30	ACQUA GYM 10.30 - 11.15
10.45				
11.00	FUNCTIONAL BARRÈ 11.00 - 11.45			
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		EGO MOBILITY & CORE 13.00 - 13.30		
13.15				
13.30		SKILL ATHLETIC 13.30 - 14.15	GROUP CYCLING 13.30 - 14.30	ACQUA GAG 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				
14.45				
15.00	FUNCTIONAL BARRÈ 15.00 - 15.45			ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.15				
15.30				
15.45				
16.00	YOGA 16.00 - 16.45			ACQUA GYM 16.00 - 16.45
16.15				
16.30				
16.45				
17.00	ZUMBA 17.00 - 17.45			ACQUA FLUID 17.00 - 17.45
17.15				
17.30		EGO FORZA 30 17.30 - 18.00	GROUP CYCLING 17.30 - 18.30	
17.45				
18.00	BODY TONIC 18.00 - 18.45	CROSS EGO 18.00 - 18.45		ACQUA JUMP 18.00 - 18.45
18.15				
18.30		FUNCTIONAL CIRCUIT 18.45 - 19.15		
18.45			NY CYCLE 19.00 - 19.45	ACQUA JUMP 19.00 - 19.45
19.00	CALISTHENICS 19.00 - 19.45			
19.15		SKILL ATHLETIC 19.15 - 20.00		
19.30	EGO PUMP 19.00 - 19.45			
19.45			GROUP CYCLING 20.00 - 21.00	ACQUA JUMP 20.00 - 20.45
20.00				
20.15		SKILL ATHLETIC 20.00 - 20.45		
20.30				
20.45				
21.00				
21.15				
21.30				

GIOVEDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30	TAI CHI 7.30 - 8.15			ACQUA HIT 30 7.30 - 8.00
7.45				
8.00				ACQUA WELLNESS CIRCUIT 8.00 - 9.00
8.15				
8.30	YOGA 8.30 - 9.15			
8.45			EGO CYCLING 8.45 - 9.30	ACQUA ANTALGICA 9.00 - 9.45
9.00				
9.15				
9.30	PILATES 9.30 - 10.15			
9.45				
10.00				ACQUA FLUID 10.00 - 10.45
10.15		SKILL ATHLETIC 10.00 - 10.45		
10.30	PILATES 10.30 - 11.15			
10.45				
11.00				ACQUA FLUID 11.00 - 11.45
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00	ADDOMINALI 13.00 - 13.30			
13.15				
13.30	EGO PUMP 13.30 - 14.15	CROSS EGO 13.30 - 14.15		IDROBIKE 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				
14.45				
15.00				IDROBIKE 15.00 - 15.45
15.15				
15.30				
15.45				
16.00				ACQUA WELLNESS CIRCUIT 16.00 - 17.00
16.15	YOGA 16.00 - 16.45			
16.30	ADDOMINALI 16.30 - 17.00			
16.45				
17.00				
17.15	BODY TONIC 17.00 - 17.45			
17.30		FUNCTIONAL CIRCUIT 17.30 - 18.00	WALKING 17.30 - 18.15	ACQUA JUMP 17.30 - 18.15
17.45				
18.00	EGO PUMP 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		
18.15				
18.30		EGO FORZA 30 18.45 - 19.15	WALKING 18.45 - 19.30	ACQUA WELLNESS CIRCUIT 18.30 - 19.30
18.45	GAG 19.00 - 19.45			
19.00				
19.15	ZUMBA 19.00 - 19.45			
19.30		CROSS EGO 19.30 - 20.15		ACQUA GAG 19.30 - 20.15
19.45				
20.00			GROUP CYCLING 20.00 - 21.00	ACQUA JUMP 20.15 - 21.00
20.15	PILATES 20.00 - 20.45			
20.30				
20.45				
21.00				
21.15				
21.30				

VENERDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30				GROUP CYCLING 7.15 - 8.00
7.45			FUNCTIONAL TRAINING 7.45 - 8.30	
8.00				
8.15				
8.30				
8.45				IDROBIKE 8.30 - 9.15
9.00	TOTAL BODY 9.00 - 9.45		GROUP CYCLING 8.45 - 9.45	
9.15				
9.30				IDROBIKE 9.30 - 10.15
9.45				
10.00	PILATES 10.00 - 10.45			
10.15				
10.30				BIKE CIRCUIT 10.30 - 11.15
10.45				
11.00	FUNCTIONAL BARRÈ 11.00 - 11.45	CAMMINO E MOBILITÀ 11.00 - 11.45		
11.15				
11.30				ACQUA WELLNESS CIRCUIT 11.30 - 12.30
11.45				
12.00				
12.15				
12.30				
12.45				
13.00			EGO CARDIO & CORE 13.00 - 13.30	
13.15				
13.30	TOTAL BODY 13.30 - 14.15	SKILL ATHLETIC 13.30 - 14.15		ACQUA TRAINING 13.30 - 14.15
13.45				
14.00				
14.15				
14.30				ACQUA HIT 30 14.30 - 15.00
14.45				
15.00				ACQUA WELLNESS CIRCUIT 15.00 - 16.00
15.15				
15.30				
15.45				
16.00	YOGA 16.00 - 16.45			ACQUA TRAINING 16.00 - 16.45
16.15				
16.30				
16.45				
17.00		EGO CARDIO & CORE 17.00 - 17.30	NY CYCLE 17.00 - 17.45	ACQUA FLUID 17.00 - 17.45
17.15	PILATES 17.00 - 17.45			
17.30		EGO FORZA 30 17.30 - 18.00		