

LUNEDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30				
7.45	YOGA 7.30 - 8.15	ADDOMINALI 7.30 - 8.00		
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			
11.15				
11.30				
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		ADDOMINALI 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				
14.45				
15.00	DANCE BODY GROOVE 15.00 - 15.45			
15.15				
15.30				
15.45				
16.00	PILATES 16.00 - 16.45			
16.15				
16.30				
16.45				
17.00	YOGA 17.00 - 17.45			
17.15				
17.30		ADDOMINALI 17.30 - 18.00		
17.45			GROUP CYCLING 17.30 - 18.30	
18.00	BODY TONIC 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		
18.15				
18.30				
18.45		EGO MOBILITY & CORE	NY CYCLE 18.45 - 19.30	
19.00	CALISTHENICS 19.00 - 19.45			
19.15		BOOT CAMP 19.15 - 20.00		
19.30	EGO PUMP 19.00 - 19.45			
19.45			GROUP CYCLING 19.45 - 20.45	
20.00	TAI - CHI 20.00 - 20.45			
20.15				
20.30				
20.45				
21.00				
21.15				
21.30				

MARTEDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30				
7.45				
8.00				
8.15				
8.30	YOGA 8.30 - 9.15			
8.45			EGO CYCLING 8.45 - 9.30	
9.00				
9.15				
9.30				
9.45	PILATES 9.30 - 10.15			
10.00				
10.15		SKILL ATHLETIC 10.00 - 10.45		
10.30				
10.45	PILATES 10.30 - 11.15			
11.00				
11.15			CAMMINO & MOBILITÀ 11.00 - 11.45	
11.30				
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	BOOT CAMP 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				
15.00				
15.15				
15.30				
15.45				
16.00				
16.15				
16.30	ADDOMINALI 16.30 - 17.00			
16.45				
17.00	BODY TONIC 17.00 - 17.45	BOXE WORKOUT 17.00 - 17.45		
17.15				
17.30				
17.45				
18.00	EGO PUMP 18.00 - 18.45	CROSS EGO 18.00 - 18.45	WALKING 18.00 - 18.55	
18.15				
18.30				
18.45				
19.00	GAG 19.00 - 19.45	EGO FORZA 30 19.00 - 19.30	WALKING 18.45 - 19.30	
19.15				
19.30				
19.45		SKILL ATHLETIC 19.30 - 20.15		
20.00	PILATES 20.00 - 20.45	BOXE WORKOUT 20.15 - 21.00		
20.15				
20.30				
20.45				
21.00				
21.15				
21.30				

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

VENERDÌ				
ora	STUDIO 1	STUDIO 2	CARDIO STUDIO	PISCINA
7.15				
7.30	YOGA 7.30 - 8.15			
7.45		SKILL ATHLETIC 7.45 - 8.30		
8.00				
8.15				
8.30				
8.45				
9.00	TOTAL BODY 9.00 - 9.45			
9.15				
9.30				
9.45				
10.00	PILATES 10.00 - 10.45			
10.15				
10.30				
10.45				
11.00	FUNCTIONAL BARRÈ 11.00 - 11.45			
11.15				
11.30				
11.45				
12.00				
12.15				
12.30				
12.45				
13.00		ADDOMINALI 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				
14.45				
15.00	FUNCTIONAL BARRÈ 15.00 - 15.45			
15.15				
15.30				
15.45				
16.00	YOGA 16.00 - 16.45			
16.15				
16.30				
16.45				
17.00	PILATES 17.00 - 17.45			
17.15				
17.30		ADDOMINALI 17.30 - 18.00		
17.45				
18.00	BODY TONIC 18.00 - 18.45	SKILL ATHLETIC 18.00 - 18.45		
18.15				
18.30				
18.45		EGO MOBILITY & CORE 18.45 - 19.15	NY CYCLE 18.45 - 19.30	
19.00	CALISTHENICS 19.00 - 19.45			
19.15				
19.30		CROSS EGO 19.15 - 20.00		
19.45				
20.00				
20.15				
20.30				
20.45				
21.00				
21.15				
21.30				

AVVISO
Quando le condizioni meteo ce lo permetteranno, continueremo a viverci il nostro bellissimo EgoPark, perciò ricordati di portare con te anche adeguato abbigliamento Outdoor nella borsa.

SABATO				
STUDIO 1	STUDIO 2	PISCINA	STUDIO 1	STUDIO 2
YOGA 09.00 - 09.45	FUNCTIONAL TRAINING 11.00 - 11.45	ACQUA WELLNESS CIRCUIT 8.15 - 9.15	PILATES 09.15 - 10.00	SKILL ATHLETIC 11.15 - 12.00
PILATES 10.00 - 10.45		ACQUA GYM 11.15 - 11.45	TOTAL BODY 10.15 - 11.00	ACQUA GYM 11.15 - 12.00
	CARDIO STUDIO	ACQUA GYM 13.30 - 14.15		ACQUA GYM 15.30 - 16.15
GAG 15.00 - 15.45	GROUP CYCLING 10.00 - 11.00	ACQUA GYM 15.30 - 16.15		GROUP CYCLING 10.00 - 11.00
TOTAL				