CARNET DUAL TRAINING

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
		8:00 45 min **CAMMINATA IONIZZANTE**		8:00 45 min **CAMMINATA IONIZZANTE**	
8:30 50 min **HIIT total body** *Piscina GIT*		8:30 50 min **ACQUAGYM** *Piscina GIT*			8:30 50 min **ACQUAGYM** *Pisicna GIT*
9:30 50 min **POSTURALE** *BACK CARE*		9:30 50 min **POWER YOGA**		9:30 50 min **POWER YOGA**	
13:00 45-50 min **FUNCTIONAL**		13:00 50 min **PILATES MATWORK**	13:00 50 min **WOMAN TRAINING**	13:00 50 min **PILATES MATWORK**	
			17:30 50 min **WOMAN TRAINING**	17:30 45-50 min **FUNCTIONAL**	
18:45 50 min **PILATES MATWORK**		18:45 50 min **PILATES MATWORK**	18:45 50 min **HydroTONE** *Piscina GIT*	18:45 50 min **HIIT TOTAL BODY**	