

H2O FITNESS CENTER

Planning corsi dal 07/09/2020

LUNEDI

9:00
Pilates

10:00
Posturale 30'

10:00
H2O Gym

13:30
Tone Up

17:00
Power Yoga

18:00
BFT

19:00
Pilates

19:00
Gag

19:30
H2O C. Training

19:30
Indoor Cycling

20:00
Prepugilistica

MARTEDI

10:30
Hydro.

12:30
Funzionale

13:30
Hydrobike

13:30
Total Body

17:30
Pilates

18:30
Tone Up

19:30
Functional 40'

20:00
H2O Kick

20:10
Total Body

MERCOLEDI

9:00
Gag

10:00
H2O

13:30
Gag

17:00
Yogalates

18:00
AKI Pump

18:10
Hydrobike

19:00
H2O C.Jump

19:00
Tone Up

20:00
Prepugilistica

GIOVEDI

10:30
H2O

12:30
Funzionale

13:30
H2O Gym

13:30
Total Body

17:30
Pilates

18:30
Tone Up

19:30
Functional Circuit 40'

20:10
Total Body

20:00
Hydrobike

VENERDI

9:00
Pilates

10:00
Posturale 30'

10:00
Hydrobike

13:30
Tone Up

17:00
Step Tone

18:00
Funzionale

19:00
Yoga

19:00
H2O C. Jump

19:30
Indoor Cycling



ORARI APERTURA

LUNEDI - VENERDI

8:00-22:00

SABATO

9:00-20:00

DOMENICA

10:00-14:00



h2ofitnesscenter



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