



GIOVEDI'

VENERDI'

SABATO

| | SOLE | LUNA | GROUP CYCLING | GARDEN | PISCINA | SOLE | LUNA | GROUP CYCLING | GARDEN | PISCINA | SOLE | LUNA | GROUP CYCLING | GARDEN | PISCINA |
|-------------|----------------------|----------------------------|----------------------|-----------------------------|-----------------------|-------------------------------|---------------------------------|----------------------|--------------------------|--------------------------------|--------------------------|------------------------------|------------------------------|---------------------------------------|-------------------------------|
| 7.15-8.00 | | | | | | | PILOGA -ILENIA- | | | | | | | | |
| 9.00-10.00 | GAG -LAURA- | MIOFASCIALE -MTERESA- | | PILATES SOFT -FRANCO- | | TONE UP -ILENIA- | | | PILATES SOFT -FRANCO- | | PILATES SOFT -FRANCO- | | | | |
| 9.30-10.30 | | | | | | | PILATES -MTERESA- | | | | | MIOFASCIALE -JOLLY- | | | |
| 10.00-11.00 | | PILATES -MTERESA- | | FUNCTIONAL -DAVID- | ACQUAGYM -LAURA- | POSTURAL -ILENIA- | | | | | | | 10.15 GROUP C -SANDRA- | | |
| 10.30-11.30 | | | | | | | STRECH AND TONE -MTERESA- | | | | | YOGA -CHIARA- | | CIRCUITO -JOLLY- | |
| 11.00-12.00 | | PILATES -MTERESA- | | | | | | | | | | 11.30 WALKING -SANDRA- | 11.30 PILATES -CHIARA- | | |
| 12.00-13.00 | | | | | | | | | | | | | | | 12.30 ACQUAGYM -CHIARA- |
| 13.00-14.00 | WALKING -TITTI- | TOTAL BODY -LAURA | GROUP C -ALESSIA- | CIRCUITO -DAVID- | ACQUAGYM -ROBERTA- | MOVE MORE -VALERIO- | PILATES BARRE -MTERESA- | GROUP C -GIANLU- | CIRCUITO -LAURA- | ACQUAGYM -MARTINA- | <h2>DOMENICA</h2> | | | | |
| 14.00-15.00 | | MIOFASCIALE -LAURA- | | | | GAG -LAURA- | | | | 14.30 ACQUAGYM -ROBERTA- | | | | | |
| 15.00-16.00 | | | | | | | | | | | 9.30-10.30 | | | GROUP C -JOLLY- | |
| 16.00-17.00 | | | | | | | | | | | 10.00-11.00 | | | | |
| 17.00-18.00 | | POSTURAL -MTERESA- | | | | 17.30 POSTURALE -MARCO- | | | | | 10.30-11.30 | WALKING -SANDRA- | | | ACQUAGYM -JOLLY- |
| 18.00-19.00 | | PILATES BARRE -MTERESA- | | | | | TOTAL BODY -ALESSIA P- | | CIRCUITO -VALERIO- | | 11.00-12.00 | | | SLIM PROGRAM GROUP C -TITTI- | |
| 18.30-19.00 | | | | 18.45 OUTRACE -DAVID- | | WALKING -TITTI- | | GROUP C -ALESSIA- | | | 13.00-14.00 | | | | |
| 19.00-20.00 | WALKING -ALESSIA- | MIOPILATES -EDO- | GROUP C -TITTI- | 19.30 OUTRACE -DAVID- | ACQUAGYM -CHIARA- | | STEP -ALESSIA P- | | TRX -VALERIO- | | 14.00-15.00 | | | | |
| 20.00-21.00 | | YOGA -ELEONORA- | | | | | | | | | | | | | |

SETTEMBRE

Per info : 0521 48 68 05
info@wellfitparma.it
www.wellfitparma.it

