

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
CROSSCARDIO 8:45-9:35	MOBILITY 09:00-10:00	POSTURALE 8:00-09:00	FITBALL 09:00-10:00	CROSSCARDIO 8:45-9:35	
TOTAL BODY 9:00-10:00	INTENSIVE TOTALBODY 09:00-10:00	FUNZIONALE 09:00-10:00	INTENSIVE TOTALBODY 09:00-10:00	TOTAL BODY 09:00-10:00	PILAFIT 9:00-10:00
PILAFIT 10:00-11:00	POSTURALE 10:00-11:00		POSTURALE 10:00-11:00	YOGAFIT 10:00-11:00	TONE UP 10:10-11:10
WBS 11:00-11:45		TONE UP 10:10-11:00		WBS 11:00-11:45	TABATA 11:10-12:10
TOTAL BODY 13:40-14:40	PILAFIT 16:00-17:00	TOTAL BODY 13:40-14:40	PILAFIT 16:00-17:00	TOTAL BODY 13:40-14:40	
TOTAL BODY 17:00-18:00	CROSSCARDIO 17:00-17:50	TOTAL BODY 17:00-18:00	CROSSCARDIO 17:00-17:50	TOTAL BODY 17:00-18:00	
POSTURAL PILATES 17:00-18:00	WBS 17:50-18:35	POSTURAL PILATES 17:20-18:10	WBS 17:50-18:35	POSTURAL PILATES 17:00-18:00	
FUNZIONALE 18:10-19:10	PUMP BLAST 17:50-18:50	FUNZIONALE 18:10-19:10	PUMP BLAST 17:50-18:50	FUNZIONALE 18:10-19:10	
MACUMBA 19:10-20:10		MACUMBA 19:10-20:10		MACUMBA 19:10-20:10	
YOGAFIT 18:30-19:30	FITBALL 18:10-19:10	MOBILITY 18:30-19:30	FITBALL 18:10-19:10	POSTURALE 18:30-19:30	
SUPERJUMP 19:30-20:30	TABATA 18:50-19:40	SUPERJUMP 19:30-20:30	TABATA 18:50-19:40	SUPERJUMP 19:30-20:30	
WBS 19:30-20:30	POSTURALE 19:10-20:10	WBS 19:30-20:30	POSTURALE 19:10-20:10	WBS 19:30-20:30	

PILAFIT 20:20-21:20	INTENSIVE TOTALBODY 20:10-21:10	YOGAFIT 20:20-21:20	INTENSIVE TOTALBODY 20:10-21:10	PILAFIT 20:20-21:20	
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FITNESS DI ACQUA

Piazza Vincenzo Mangano, 12, 00177 ROMA

Tel. 06 258 8446



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
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ACQUAGYM 09:00-10:00	ACQUABIKE 09:00-10:00	ACQUAGYM 09:00-10:00	ACQUADRENUP 9:00-10:00	ACQUABIKE 09:00-10:00	
ACQUADRENUP 10:00-11:00	ACQUAGYM 10:00-11:00	ACQUAGYM 10:00-11:00	ACQUAGYM 10:00-11:00	ACQUAGYM 10:00-11:00	VASCAGRANDE V.G. 11:30-12:30
ACQUAGYM 13:30-14:30	ACQUAGYM 13:50-14:40	ACQUAGYM 13:30-14:30	ACQUABIKE 13:50-14:50	ACQUAGYM 13:30-14:30	
ACQUADRENUP 19:20-20:20	ACQUAGYM V.G 18:00-19:00	ACQUAGYM 19:20-20:20	ACQUAGYM V.G 18:00-19:00	ACQUADRENUP 19:20-20:20	
ACQUAGYM 20:20-21:20	ACQUAGYM 19:50-20:40	ACQUABIKE 20:20-21:20	ACQUABIKE 19:50-20:40	ACQUAGYM 20:20-21:20	

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00	
PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS ADVANCE 09:10-10:00
PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	PLUS START 10:00-10:50	PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	
PLUS ADVANCE 11:00-11:50				PLUS ADVANCE 11:00-11:50	
PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS ADVANCE 13:10-14:00
PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00	PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00
PLUS ADVANCE 16:10-17:00	PLUS ADVANCE 18:30-19:20		PLUS ADVANCE 16:10-17:00	PLUS ADVANCE 18:30-19:20	PLUS ADVANCE 18:00-18:50
PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	
PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	
PLUS ADVANCE 20:20-21:10		PLUS ADVANCE 20:20-21:10	PLUS ADVANCE 20:20-21:10		
PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	