
















































































# PRIME®

EXCLUSIVE WELLNESS

## WATER

|           |  |   |   |  |   |  |   |   |
|-----------|--|---|---|--|---|--|---|---|
| LUNEDÌ    | 10:00-10:55<br>WATER CIRCUIT<br>         | 13:10-14:05<br>WATER FUNCTIONAL<br>   | 15:00-15:55<br>WATER TONE<br>   | 18:10-18:50<br>PRIME INTERACTIVE (Sala Fun)<br>         | 19:00-19:40<br>WATER PRIME INTERACTIVE (Water)<br>   | 20:00-20:55<br>FOLLOW ME SWIM<br>                       |   |   |
| MARTEDÌ   | 09:30-10:25<br>WATER FUNCTIONAL<br>      | 13:15-14:10<br>WATER FIT<br>   | 18:00-18:55<br>CIRCUIT TRAINING ADVANCED<br>   | 19:00-19:55<br>HYDROWALK<br>   | 20:00-20:55<br>SWIMMING ACADEMY ADVANCED<br>         |  |   |   |
| MERCOLEDÌ | 10:00-10:55<br>WATER CIRCUIT<br>         | 13:30-14:25<br>WALK & STEP<br>   | 16:00-16:55<br>WATER STEP<br>   | 18:00-18:55<br>WATER GAG<br>  | 18:10-18:50<br>PRIME INTERACTIVE (Sala Fun)<br>      | 19:00-19:40<br>WATER PRIME INTERACTIVE (Water)<br>      | 20:15-21:10<br>CROSS GYM<br>      |   |
| GIOVEDÌ   | 10:00-10:55<br>WATER GAG<br>  | 13:00-13:55<br>CARDIOFIT<br>   | 18:30-19:25<br>CIRCUIT TRAINING ADVANCED<br>   | 19:30-20:25<br>CROSS GYM<br>   | 20:30-21:25<br>FOLLOW ME SWIM<br>                    |  |   |   |
| VENERDÌ   | 11:00-11:55<br>WATER FUNCTIONAL<br>  | 13:30-14:25<br>WATER TONE<br>   | 16:00-16:55<br>HYDROWALK<br>    | 18:00-18:25<br>PRIME SKILL UP (Sala Energy)<br>   | 18:30-18:55<br>PRIME SKILL UP (Sala Fun)<br>   | 19:05-19:30<br>WATER PRIME SKILL UP (Water)<br>   | 19:30-20:25<br>CROSS GYM<br>  | 20:30-21:25<br>SWIMMING ACADEMY ADVANCED<br>   |
| SABATO    | 10:45-11:40<br>WATER GAG<br>  | 12:00-12:55<br>WATER FIT<br>   | 16:00-16:55<br>CROSS GYM<br>    |  |   |  |   |   |
| DOMENICA  | 11:00-11:55<br>CARDIOFIT<br>  | 16:00-16:55<br>WATER STEP<br>   |   |  |   |  |   |   |

ORARIO VALIDO DAL 27/08/2018 AL 23/12/2018

I CORSI DI WALK&STEP, HYDROWALK, CROSS GYM, PRIME INTERACTIVE (e WATER PRIME INTERACTIVE), PRIME SKILL UP (e WATER PRIME SKILL UP), CIRCUIT TRAINING ADV. e SWIMMING ACCADEMY ADV.

RICHIEDONO LA PRENOTAZIONE ONLINE: MYCLUB.PRIMEFITNESS.IT

