




































































































WATER

LUNEDÌ	10.00-10:55 WATER CIRCUIT HIIT  	11:30-12:30 SWIMMING ACADEMY START UP   	13:00-13:55 HYDROWALK  	15:30-16:30 SWIMMING ACADEMY MIDDLE   	16:30-17:30 SWIMMING ACADEMY ADVANCED   	18:00-18:55 BYKE&GYM  	19:15-20:10 WATER METCON  		
MARTEDÌ	10:00-10:55 HYDROBYKE  	11:30-12:30 SWIMMING ACADEMY ADVANCED   	13:30-14:25 CROSS GYM  	17:30-18:25 WATER FUNCTIONAL  	18:30-19:25 WATER CALISTHENICS  	19:30-20:25 CROSS GYM  	20:30-21:30 SWIMMING ACADEMY MIDDLE   		
MERCOLEDÌ	10:00-10:55 WATER STEP  	13:00-13:55 SWIMMING ACADEMY MIDDLE   	15:30-16:25 WATER CIRCUIT HIIT  	16:30-17:30 SWIMMING ACADEMY ADVANCED   	17:30-18:30 SWIMMING ACADEMY START UP   	18:30-19:25 WALK&GYM  	19:30-20:25 CROSS GYM HIIT  		
GIOVEDÌ	10:00-10:55 WATER FUNCTIONAL  	11:30-12:30 SWIMMING ACADEMY START UP   	13:00-13:55 HYDROBYKE  	17:30-18:00 WATER ABDOMINAL 	18:00-18:55 WATER STEP  	19:00-19:55 WATER METCON  	20:30-21:30 SWIMMING ACADEMY START UP   		
VEDÌ	10:00-10:55 CARDIOFIT 	11:30-12:30 SWIMMING ACADEMY ADVANCED   	13:30-14:25 WATERTONE  	15:30-16:25 BYKE&GYM  	17:00-18:00 SWIMMING ACADEMY START UP   	18:00-18:55 WATERSTEP  	19:00-19:55 HYDROBYKE HIIT  	20:00-21:00 SWIMMING ACADEMY ADVANCED   	
SABATO	10:45-11:40 BYKE&GYM  	15:00-16:00 SWIMMING ACADEMY MIDDLE   	16:00-17:00 SWIMMING ACADEMY START UP   	17:00-18:00 SWIMMING ACADEMY ADVANCED   					
DOMENICA	11:00-12:30 PRIME SURPRISE   	16:00-16:55 WALK&GYM  							

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

I CORSI DI BYKE&GYM, WALK&GYM, HYDROBYKE, HYDROWALK, CROSS GYM
E GLI SWIMMING ACADEMY RICHIEDONO LA PRENOTAZIONE ONLINE
MYCLUB.PRIMEFITNESS.IT

