# PALINSESTO PALESTRA

AQUATIQUE CLASSIC • CHIAVARI

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|---|---|---|---|---|---|
| PERSONAL TRAINING 7:10-8:10 | | | PERSONAL TRAINING 7:10-8:10 | | |
| WBS 8:20-9:05 | | | WBS 8:20-9:05 | | |
| WBS 9:15-10:00 | | | WBS 9:15-10:00 | | HIIT 9:55-10:40 |
| | | | | | FLEX 'N TONE 10:50-11:35 |
| | | | | | I TONE 11:45-12:30 |
| | PILATES 12:00-12:45 | | PILATES 12:00-12:45 | | |
| | WBS 12:55-13:40 | | WBS 12:55-13:40 | | |
| | WBS 13:50-14:35 | | WBS 13:50-14:35 | | |
| | PERSONAL TRAINING 14:30-15:00 | | PERSONAL TRAINING 14:30-15:00 | DYNAMIC CONDITIONING 16:00-16:45 | |
| | | | | HIIT 16:55-17:40 | |
| FUNZIONALE 17:40-18:25 | PERSONAL TRAINING 17:20-18:20 | FUNZIONALE 17:40-18:25 | WBS 17:25-18:10 | FLEX 'N TONE 17:50-18:35 | |
| FLEX 'N TONE 18:35-19:20 | | FLEX 'N TONE 18:35-19:20 | PERSONAL TRAINING 18:20-19:20 | I TONE 18:45-19:30 | |

PICCOLI NUMERI. GRANDE ATTENZIONE.