

Orario Settimanale fitness PISCINE DI ALBARO 2019-2020

	Lunedì		Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
8.15-9.00			FREESTYLE		FREESTYLE			
9.00 -9.45	GYM DOLCE		TAPIS	BIKE	GYM DOLCE	BIKE	GYM (h.9.00)	BIKE (h.9.15)
9.45.- 10.30	GYM	BIKE	BIKE	GYM FORCE	GYM	BIKE	FREESTYLE.(h.9.45)	GYM (h.10.00)
10.30 - 11.15	GYM	BIKE	GYM	GYM TONE	BIKE	GYM	BIKE (h.10.40)	BIKE (h.10.45)
11.15 - 12.00	FREESTYLE						BIKE (h.11.25)	FREESTYLE (h.11.30)
13.00 - 13.45	BIKE		TAPIS/BIKE	BIKE	BIKE	BIKE&JUMP		
13.45 - 14.30	FREESTYLE		BIKE	GYM	BIKE	EXPLOSIVE GYM		
14.30 - 15.15				FREESTYLE	TAPIS			
15.15 - 16.00	GYM				BIKE			
16.00 - 16.45	BIKE		BIKE			BIKE		
16.45-17.30	BIKE		GYM	BIKE&JUMP	TAPIS	BIKE&JUMP		
17.30-18.15	BIKE		TAPIS	BIKE	BIKE	BIKE (h.17.40)		
18.15 - 19.00	GAG (h.18.30)	BIKE	BIKE	GAG (h.18.30)	BIKE	GAG (h.18.30)		
19.00 - 19.45	TABATA (h.19.15)	BIKE	BIKE	GYM (h. 19.15)	TABATA	FREESTYLE (h.19.15)		
19.45 - 20.30	WORK TIME (h.20)	BIKE	FREESTYLE		GYM CIRCUIT (h.19,45)			
20.30 - 21.15			FREESTYLE					