



L E G E N D

ORARIO DEI CORSI

	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.45		YOGA			YOGA		
9.00	AQUA ANTALGICA PILATES		PILATES		AQUA ANTALGICA PILATES		
9.30		POSTURALE	AQUAGYM	POSTURALE AQUA ANTALGICA		FLOW TRAINING	
10.00	FUNZIONALE						AQUA SPECIAL
10.30		AQUAGYM		BODYPUMP		BODYPUMP + LESMILLS CORE	
11.00	AQUAGYM		AQUA AEROBICA				SPECIAL SUNDAY
11.30					AQUAGYM		
12.00						INTERVAL TRAINING	
12.30		AQUACIRCUIT		AQUACIRCUIT			
13.30	AQUAGYM BODYPUMP	TOTAL BODY FLOW TRAINING	INTERVAL TRAINING FUNZIONALE	GAG	GAG TO JUMP BODYATTACK+ LESMILLS CORE		
17.00			PILATES				
17.15		PILATES BASE AQUACIRCUIT		PILATES AVANZATO AQUAGYM			
17.00	AQUA AEROBICA		CROSS TRAINING				
17.30	PILATES AVANZATO				PILATES BASE CROSS TRAINING		
18.00	AQUAFIT	BODYPUMP	TOTAL BODY AQUAGYM	BODYPUMP AQUACIRCUIT			
18.15							
18.30	BODYCOMBAT	GAG TO JUMP			FITNESS MUSICALE		
18.45			LESMILLS CORE		INTERVAL TRAINING		
19.00	CROSS TRAINING	CALISTHENICS FITDANCE		CALISTHENICS GAG			
19.15	FITNESS MUSICALE		AQUACIRCUIT	INTERVAL TRAINING	FUNZIONALE		
19.30		CROSS TRAINING	BODYCOMBAT				
19.45		GAG		FUNZIONALE			
20.00	CALISTHENICS FITBOXE		CALISTHENICS		CALISTHENICS FITBOXE		
20.15			FITBOXE				
20.30		KICK BOXING		KICK BOXING			

NOTA: Tutti i corsi sono su prenotazione tramite app MyLegend

I corsi in azzurro si svolgeranno nell'area piscina