



L E G E N D

ORARIO DEI CORSI

	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.45		VINYASA YOGA			VINYASA YOGA		
9.00	AQUASOFT PILATES		PILATES		AQUASOFT PILATES		
9.15			AQUASOFT				
9.30		POSTURALE		POSTURALE AQUASOFT		PILATES FLOW TRAINING	
10.00	BODYPUMP	AQUAGYM					AQUA SPECIAL
10.30					AQUACIRCUIT	BODYPUM+ LESMILLS CORE	
11.00	AQUAFIT		AQUA AEROBICA	AQUAGYM			SPECIAL SUNDAYS
11.30		INTERVAL TRAINING					
12.00						INTERVAL TRAINING	
12.30		AQUACIRCUIT		FLOW TRAINING			
13.30	AQUAGYM ATTACK	FITBOXE	INTERVAL TRAINING BODYPUMP	GAG	AQUAFIT LESMILLS CORE		
17.00	AQUA AEROBICA		PILATES AVANZATO FLOW TRAINING				
17.15		PILATES BASE AQUAGYM		PILATES AVANZATO INTERVAL TRAINING			
17.30	PILATES PROPS				PILATES BASE		
17.45			GAG		CROSS TRAINING		
18.00	INTERVAL TRAINING	BODYPUMP	AQUAFIT	BODYPUMP			
18.15		GAG TO JUMP		CROSS TRAINING			
18.30	FITNESS MUSICALE		FUNZIONALE		FUNZIONALE		
18.45		FITDANCE		LESMILLS CORE	AQUACIRCUIT		
19.00	CROSS TRAINING	CALISTHENICS	GAG TO JUMP	CALISTHENICS	CALISTHENICS		
19.15	FUNZIONALE	CROSS TRAINING		AQUAFIT	GAG		
19.30	CALISTHENICS	LESMILLS CORE	CALISTHENICS FITBOXE	TOTALBODY			
20.00	FITBOXE				FITBOXE		
20.15		KICK BOXING		KICK BOXING			

NOTA: Tutti i corsi sono su prenotazione tramite app MyLegend

I corsi in azzurro si svolgeranno nell'area piscina