



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		PILATES		
9.15			AQUASOFT				
9.30		POSTURALE		POSTURALE AQUASOFT	AQUASOFT	PILATES FLOW TRAINING	
10.00	BODYPUMP						AQUA SPECIAL
10.30		AQUAGYM				BODYPUM+ LESMILLS	
10.45					AQUACIRCUIT		
11.00	AQUAFIT		AQUA AEROBICA	AQUAGYM			SPECIAL SUNDAYS
12.00		INTERVAL TRAINING				INTERVAL TRAINING	
12.30				FLOW TRAINING			
13.15		AQUACIRCUIT					
13.30	AQUAGYM PRANA SCULPT	FITBOXE	INTERVAL TRAINING BODYPUMP	GAG	AQUAFIT FITBOXE		
16.45					AQUAGYM		
17.00	AQUA AEROBICA		FLOW TRAINING		PILATES BASE		
17.15		PILATES BASE AQUAGYM		PILATES AVANZATO AQUAFIT			
17.30	PILATES PROPS						
17.45			GAG		AQUACIRCUIT		
18.00	INTERVAL TRAINING	BODYPUMP	AQUAFIT	BODYPUMP			
18.15		INTERVAL TRAINING		CROSS TRAINING			
18.30	FITNESS MUSICALE		FUNZIONALE		FUNZIONALE		
18.45		FITDANCE		LESMILLS CORE	CROSS TRAINING		
19.00	CROSS TRAINING	CALISTHENICS	GAG TO JUMP	CALISTHENICS	CALISTHENICS		
19.15	FUNZIONALE	WATERPUMP		INTERVAL TRAINING	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