|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ORARIO** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** | **SABATO** |
| 8,00 – 8,45 | **KICK-BOXING** (E. BAGLIONE) | **BIKE** (E. BAGLIONE) | **ACQUAGYM** (E. BAGLIONE) | **TAPIS ROULANT** (E.BAGLIONE) | **ACQUAGYM** (E. BAGLIONE) |  |
|  |  |  |  |  |  |
| 8,45 – 9,30 |  |  | **ACQUANTALGICA** (F.PARODI) |  | **ACQUANTALGICA** (F. PARODI) |  |
| 9.00 –9.45 | **ACQUANTALGICA** (F. PARODI) |  | **TAPIS ROULANT** (S. SAMPERI) | **GAG** (E. BAGLIONE) |  | **GAG CIRCUITO** (DIEGO) |
| **BIKE** (E. BAGLIONE) |  |  |  | **BIKE** (E. BAGLIONE) |  |
| 09.30 – 10.15 |  |  | **WATERPILATES** (F. PARODI) |  | **ACQUANTALGICA** (F. PARODI) |  |
| 9,45 –10,30 | **TAPIS ROULANT** (E. BAGLIONE) | **KICK-BOXING** (S. SAMPERI) | **CIRCUIT TRAINING** (S.SAMPERI) | **ACQUA STEP** (S. SAMPERI) | **TAPIS ROULANT**(E. BAGLIONE) | **KICK-BOXING** (F. PARODI) |
| **ACQUANTALGICA** (F. PARODI) |  |  |  |  |  |
| 10.30 –11.15 | **WATERPILATES** (F. PARODI) | **BIKE** (S. SAMPERI) | **ACQUAPOLE** (S. SAMPERI) | **KICK-BOXING** (S. SAMPERI) |  | **BIKE** (F. PARODI) |
|  |  |  |  |  |  |
| 11.15 – 12.00 |  | **ACQUAGYM** (S.SAMPERI) |  | **BIKE** (S. SAMPERI) |  |  |
|  |  |  |  |  | **ACQUAGYM** (F. PARODI) |
| 13,00 – 13,45 | **ACQUAGYM** (S. SAMPERI) | **ACQUAGYM** (S. SAMPERI) |  | **BIKE** (F. PARODI) | **ACQUAGYM** (S. SAMPERI) |  |
|  |  | **JUMP & KICK** (S. SAMPERI) | **GAG** (S. SAMPERI) | **WATERPILATES** (F. PARODI) |  |
| 13.00 – 14.30 |  |  | **CORPO & ACQUA** (F. PARODI) |  |  |  |
| 13,45 – 14,30 |  | **GAG** (S. SAMPERI) |  |  | **TAPIS ROULANT** (S. SAMPERI) |  |
| **ACQUA JUMP**  (S. SAMPERI) |  | **ELASTIC TRAINING** (S. SAMPERI) | **ACQUAGYM** (S. SAMPERI) |  |  |
|  |  |  | **WATERPILATES** (F. PARODI) |  |  |
| 16.30 – 17.15 |  | **ACQUAGYM** (F. PARODI) |  | **TOTAL BODY** (F. PARODI) |  |  |
| 17.15 – 18.00 |  | **KICK-BOXING** (F. PARODI) |  | **BIKE** (F. PARODI) | **JUMP & GAG** (DIEGO) |  |
| 18,00 – 18,45 | **BIKE** (DIEGO) | **ACQUA STEP** (DIEGO) |  | **TAPIS ROULANT** (DIEGO) | **BIKE** (DIEGO) |  |
|  |  | **GAG** (DIEGO) |  |  |  |
| 18,45 – 19,30 | **AEROBICA** (DIEGO) | **AEROBICA** (R. RUTIGLIANO) | **CIRCUIT TRAINING**(DIEGO) | **GAG** (F. PARODI) |  |  |
|  | **BIKE**(DIEGO) |  | **BIKE** (DIEGO) | **KICK-BOXING** (DIEGO) |  |
| 18,45 – 20.00 |  | **CORPO & ACQUA** (F. PARODI) |  |  |  |  |
| 19.30 –20.15 |  | **ACTIVE POLE** (DIEGO) | **BIKE**(DIEGO) | **KICK-BOXING** (DIEGO) |  |  |
| **KICK-BOXING** (DIEGO) | **ACQUA JUMP**(….) |  |  |  |  |
| 19.30 – 20.30 |  |  |  |  | **IN & OUT** (DIEGO) |  |
| 20.15 – 21.00 | **BIKE**(F. PARODI) | **KICK-BOXING** (DIEGO) | **TOTAL BODY** (F. PARODI) | **GAG** (DIEGO) |  |  |
| 20.30 – 21.15 |  |  |  |  | **KICK-BOXING** (DIEGO |  |

 <https://www.facebook.com> *www.*[rarinantes.sv.it](mailto:info@rarinantes.sv.it) [segreteria@rarinantes.sv.it](mailto:segreteria@rarinantes.sv.it)