

Sport & Benessere

wellness club

CORSI DI GRUPPO 2019-20

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
AQUATERAPY (B) 9:00 - 9:45	PANCAFIT* 9:00 - 9:45	PANCAFIT TONE* 9:00 - 9:45	GINNASTICA DOLCE 9:00 - 9:45	RISVEGLIO MUSCOLARE 8:10 - 8:55	STRETCHING 10:00 - 10:45
GINNASTICA DOLCE 9:00 - 9:45	ACQUAPILATES* 9:00 - 9:45	AQUATERAPY (B) 9:00 - 9:45	ACQUAPILATES* 9:00 - 9:45	AQUATERAPY (B) 9:00 - 9:45	ZUMBA 10:00 - 10:45
PANCAFIT* 10:00 - 10:45	YOGA STRETCH 10:00 - 10:45	PILATES MAT 10:00 - 10:45	POSTURALE 10:00 - 10:45	TOTALBODY 10:00 - 10:45	AQUAGYM B 10:00 - 10:45
PILATES MAT* 10:00 - 10:45	AQUAGYM (B) 10:00 - 10:45	AQUAGYM (A)* 10:00 - 10:45	HYDROBIKE* 10:00 - 10:45	PILATES MAT* 10:00 - 10:45	TOTALBODY 10:45 - 11:30
AQUAGYM (B) 10:00 - 10:45	GRAVITY* 10:00 - 10:45	PANCAFIT* 10:00 - 10:45	PANCAFIT* 11:00 - 11:45	AQUAGYM (B) 10:00 - 10:45	SQUASH* 12:30-13:15
TOTALBODY 10:00 - 10:45				YOGA RESTORATIVE* 10:45 - 11:45	
DANZA DOLCE 11:00 - 11:45					
PILATES MAT* 12:45 - 13:30	PANCAFIT* 12:45 - 13:30	PANCAFIT* 12:45 - 13:30	AQUAGYM (A)* 12:45 - 13:30	ACQUA-CIRCUIT (B)* 12:45 - 13:30	HEAT PROGRAM* 10:30 - 11:20
HEAT PROGRAM* 12:45 - 13:30	HEAT PROGRAM* 12:45 - 13:30	HEAT PROGRAM* 12:45 - 13:30	INDOOR CYCLING* 12:45 - 13:30	HEAT PROGRAM* 12:45 - 13:30	
AQUAGYM (A)* 12:45 - 13:30	INDOOR CYCLING* 12:45 - 13:30	HYDROBIKE* 12:45 - 13:30	GRAVITY* 12:45 - 13:30	PILATES MAT* 12:45 - 13:30	
CIRCUIT 12:45 - 13:30	GRAVITY* 12:45 - 13:30	SUSPENSION* 12:45 - 13:30	R.I.P. 12:45 - 13:30		
PANCAFIT TONE* 18:00 - 18:45	GRAVITY* 17:00 - 17:45	HEAT PROGRAM* 17:30 - 18:20	GRAVITY* 18:05 - 18:50	PANCAFIT* 18:00 - 18:45	
ZUMBA 18:00 - 18:45	HEAT PROGRAM* 18:00 - 18:50	STRETCHING 18:10 - 18:50	ZUMBA 18:45 - 19:30	CIRCUIT 18:15 - 19:00	
YOGA* 18:15 - 19:15	SPEED-CROSS 18:30 - 19:15 CAMPO DA CALCETTO	GRAVITY* 18:15 - 19:00	AQUAGYM (B)* 19:00 - 19:45	HEAT PROGRAM* 18:30 - 19:20	
HEAT PROGRAM* 18:30 - 19:20	AQUAGYM (B)* 19:00 - 19:45	PANCAFIT* 19:00 - 19:45	PILATES MAT* 19:00 - 19:45	GRAVITY* 18:30 - 19:15	
TOTALBODY 18:45 - 19:30	X-TEMPO ENERGY 19:00 - 19:45	INDOOR CYCLING* 19:00 - 19:50	HEAT PROGRAM* 19:00 - 19:50	STRETCHING DINAMICO 19:00 - 19:45	
INDOOR CYCLING* 19:00 - 19:50	HEAT PROGRAM* 19:00 - 19:50	ACQUA CIRCUIT (B)* 19:00 - 19:45	CROSS-TRAINING 19:30 - 20:30	INDOOR CYCLING* 19:00 - 19:50	
AQUAGYM (B)* 19:00 - 19:45	PANCAFIT* 19:00 - 19:45	TOTALBODY 19:00 - 19:45	HEAT PROGRAM* 20:00 - 20:50	HYDROBIKE* 19:10 - 19:55	
YOGA* 19:20 - 20:20	PILATES MAT* 19:15 - 20:00	YOGA 19:45 - 21:15	BOXE* 20:30 - 21:30	SUSPENSION 19:20 - 20:05	
SUSPENSION&MORE 19:30 - 20:30	SQUASH* 19:15 - 20:00	HYDROBIKE* 20:00 - 20:45		CARAIBICO* 20:05 - 21:05	
GRAVITY* 19:35 - 20:20	GRAVITY* 19:30 - 20:15				
BOXE* 20:30 - 21:30	HYDROBIKE* 20:00 - 20:45				
	SQUASH* 20:00 - 20:45				

* A PRENOTAZIONE (PRENOTATI ANCHE ON-LINE)

WWW.SBBREBBIA.IT



TONIFICAZIONE IN ACQUA CARDIO POSTURALI

CODICI CONI: DD001 - BI001 - CK009 - BI005

SPORT & BENESSERE
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