

## **OPEN DAY GIOVEDI' 16 SETTEMBRE**

<b>MORNING</b>	09:00-09:45	<b>H2O SPLASH &amp; TONE</b>	
	09:30-10:15	<b>TOTAL BODY</b>	
	10:00-10:45	<b>H2O POSTURAL</b>	
	10:30-10:45	<b>BOARD BALANCE</b>	
	10:30-11:15	<b>PYLATES</b>	
	12:00-12:45	<b>PANCA POSTURAL</b>	
<b>LUNCH</b>	12:15-13:00	<b>H2O A.GYM</b>	
	13:30-14:15	<b>H2O WALK-TONE</b>	
	15:00-15:45	<b>H2O BIKE</b>	
<b>EVENING</b>	18:30-19:15	<b>CROSS TRAINING</b>	
	19:15-20:00	<b>FIT BALL TRAINING</b>	
	19:25-20:10	<b>H2O TREADMILL</b>	
	20:15-21:00	<b>H2O INTENSE</b>	

## **OPEN DAY VENERDI' 17 SETTEMBRE**

<b>MORNING</b>	08:30-09:15	<b>H2O TREADMILL</b>	
	09:00-09:45	<b>POSTURAL FIT</b>	
	10:00-10:45	<b>H2O BIKE</b>	
	11:00-11:45	<b>BOARD BALANCE</b>	
<b>LUNCH</b>	12:15-13:00	<b>H2O WALK-TONE</b>	
	13:30-14:15	<b>CROSS TRAINING</b>	
	13:30-14:15	<b>H2O INTENSE</b>	
	15:00-15:45	<b>H2O STEP &amp; GAG</b>	
<b>EVENING</b>	18:30-19:15	<b>POSTURAL FIT</b>	
	18:45-19:30	<b>PANCA POSTURAL</b>	
	19:15-20:00	<b>FITNESS METABOLICO</b>	
	19:25-20:10	<b>H2O POSTURAL</b>	
	20:15-21:00	<b>H2O BIKE</b>	

## **OPEN DAY DOMENICA 19 SETTEMBRE**

<b>MORNING</b>	10:00-10:45	<b>H2O CIRCUIT</b>	
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