

ORARI ATTIVITA' FITNESS



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:10	GAG Roberta	TONE UP Barbara	TOTAL BODY Roberta	HYDROBIKE (P) + ACQUAGYM (P) Andrea P	TONE UP Roberta
	HYDROBIKE (P) + ACQUAGYM (P) Andrea P	HYDROBIKE Andrea P		POSTURALE Luca	
				PILATES Sara	
10:00	PILATES Roberta	ACQUAGYM Barbara	PILATES Roberta	ACQUAGYM Sara	PILATES Roberta
		POSTURALE Luca			
11:00	ACQUAGYM Roberta	HYDROBIKE+ ACQUAGYM Barbara	ACQUAGYM Roberta	HYDROBIKE+ ACQUAGYM Sara	ACQUAGYM Roberta
13:15		HYDROBIKE+ ACQUAGYM Andrea		HYDROBIKE+ ACQUAGYM Andrea	HYDROBIKE+ ACQUAGYM Andrea
17:20	ZUMBA Antonietta	PILATES Ilaria	GIO'S JUMP Antonietta P	PILATES Ilaria	
18:20	BRUCIAGRASSI Antonietta	TABATA Ilaria	BRUCIAGRASSI Antonietta	TABATA Ilaria	TOTAL BODY Debora
19:10	POSTURALE Antonietta		POSTURALE Antonietta		
19:20	ACQUAGYM Ida	HYDROBIKE+ ACQUAGYM Andrea	ACQUAGYM Ida	HYDROBIKE+ ACQUAGYM Andrea	ACQUAGYM Debora
20:10	HYDROCIRCUIT Ida	HYDROBIKE Andrea	HYDROCIRCUIT Ida	HYDROBIKE Andrea	

PRENOTAZIONE ATTIVITA' TRAMITE
WHATSAPP  : 344.2566465

PISCINA
COLLEVERDE SPORT

scuola degli sport & agonismo

Via Monginevro 128, 00012 – Guidonia Montecelio

ORARI APERTURA CENTRO

LUN – VEN: 9.00 – 21.00
 SABATO: 8.30 – 18.30
 DOMENICA CHIUSO