



# HIDRON HEALTH

## ORARIO SPECIALE NOVEMBRE

	Mattina	Pranzo	Pomeriggio
1 nov	10.45 Emom&Coreo 11.30 H2O Croxfit		
3 nov	10.00 Tacfit Event 11.00 Calisthenics		
4 nov	10.45 Acqua Combat		
6 nov	10.00 Acqua Circuit	13.15 Video Ride	18.20 Water Cross Training
8 nov	10.15 Dinamic Core	13.15 Acqua Gag	18.30 Fitness Party
11 nov	10.30 Group Cycling		
13 nov	9.15 Walking	13.15 Acquagym	18.30 Cardio Boxe Thai
15 nov	10.50 Acquajump	13.20 Zumba Fitness	18.30 Acquagym
18 nov	10.00 Extreme Training 11.00 Extreme Training		
20 nov	10.50 Acquabike	13.15 Vinyasa Yoga	19.15 Acqua Gag
22 nov	10.50 Deep Water	13.15 Piloxing	17.30 Functional System
25 nov	10.30 Aero Step		
27 nov	10.00 Acqua Circuit	13.15 Video Ride	18.20 Water Cross Training
29 nov	10.15 Dinamic Core	13.15 Acqua Gag	18.30 Fitness Party

20.00 HIDRON STAFF FITNESS PARTY  
VOTA IL TUO ISTRUTTORE PREFERITO!

AREA FITNESS

POSTI LIMITATI

AREA FITNESS

AREA ACQUA