

PROGRAMMA EVENTI RIMINIWELLNESS 2018

ORARIO	GIOVEDI	VENERDI	SABATO	DOMENICA
10.00 - 10.45	AQUAGYM FREE STYLE ENERGY	AQUAGYM FREE STYLE ENERGY	AQUAGYM FREE STYLE ENERGY	AQUAGYM FREE STYLE ENERGY
10.45 - 11.30	ROUND DUMB BELLS & AQUA STEP	BODYFLEX MIXED SMILE EVO	TREADMILL & KICK BOXING CIRCUIT	ROUND DUMB BELLS & AQUA STEP
11.30 - 12,15	AQUA CYCLING & SHOULDER MACHINE	AQUABIKE & BODYFLEX CIRCUIT	TREADMILL & JUMPER CIRCUIT	AQUABIKE & SHOULDER MACHINE
12,15 - 13.00	AQUA SHOULDER & JUMPER CIRCUIT	AQUA CYCLING & SHOULDER MACHINE	AQUA JUMPER & STARLIKE DUMB BELLS	AQUA BIKE & TREADMILL CIRCUIT
13.00 - 13.45	TREADMILL & JUMPER CIRCUIT	AQUABIKE & TREADMILL CIRCUIT	TOTAL ISOLA CIRCUIT	MINIGYM & TREADMILL CIRCUIT
13.45 - 14.30	AQUA BIKE & TREADMILL CIRCUIT	MINIGYM & TREADMILL CIRCUIT	AQUA CYCLING & SHOULDER MACHINE	AQUA JUMPER & SMILE EVO
14.30 - 15.15	TOTAL ISOLA CIRCUIT	TREADMILL & JUMPER CIRCUIT	AQUABIKE & TREADMILL CIRCUIT	
15.15 - 16.00	BODYFLEX & KICK BOXING GLOVES CIRCUIT	TOTAL ISOLA CIRCUIT	MINIGYM & TREADMILL CIRCUIT	
16.00 - 16.45	MINIGYM & JUMPER	AQUABIKE & SHOULDER MACHINE	MINIGYM & TOTAL BODY CIRCUIT	
16.45 - 17.30	AQUA STEP & JUMPER CIRCUIT	AQUABIKE & BODYFLEX CIRCUIT	BODYFLEX & KICK BOXING GLOVES CIRCUIT	
17.30 - 18.15	AQUAGYM FREE STYLE	AQUAGYM FREE STYLE	AQUAGYM FREE STYLE	

INFO:

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