

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	Nordic Walking (Paola, 45 minutes)	Fusion Yoga (Paola, 45 minutes)	Power walk (Mirco, 45 minutes)	Nordic Walking (Paola, 45 minutes)	Power walk (Mirco, 45 minutes)	Stretching session (Mirco, 45 minutes)
4:30 PM	Aqua Fitness (Paola, 50 minutes)	Gentle swim (Mirco, 50 minutes)	3:00 PM Horse race track (walking, jogging, running with Mirco, 1.5 hour, transportation included) h. 16.30 Aqua fitness (Mirco, 50 minutes)	2:30 PM Mindful meditation (Mirco, 1 minutes)	Aqua fitness (Paola, 50 minutes)	Gentle swim (Mirco, 50 minutes)
5:30 PM	Hormonal gymnastic (Paola, 1 hour)	Wellness back (Mirco, 1 hour)	Yoga minilifting (Paola, 1 hour)	3:30 PM Gentle Swim (Mirco, 50 minutes)	Pelvic gymnastic (Paola, 1 hour)	Fusion Yoga (Paola, 1 hour)