

FASCE ORARIE	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00 / 8:00	(7.15) OMNIA TRAINING (P)		(7.15) OMNIA TRAINING (P)				
	(7.15) WALKZONE (P)	(7.15) INDOOR CYCLING (P)	(7.15) WALKZONE (P)		(7.15) INDOOR CYCLING (P)		
8:00 / 9:00	(8.00) POSTURAL TRAINING	(8.00) ACQUAGYM	(8.00) EVERGREEN	(8.15) WALKZONE (P)	(8.00) POSTURAL TRAINING		
	(8.00) HYDROBIKE (P)	(8.30) EVERGREEN	(8.00) HYDROBIKE (P)	(8.15) ACQUAGYM	(8.00) HYDROBIKE (P)		
	(8.45) EVERGREEN		(8.45) POSTURAL TRAINING	(8.30) EVERGREEN	(8.45) TOTAL BODY		
9:00 / 10:00	(9.30) TOTAL BODY	(9.30) POSTURAL TRAINING	(9.30) PILATES	(9.30) POSTURAL TRAINING	(9.30) POSTURAL TRAINING	(9.30) HYDROBIKE (P)	
	(9.30) ACQUAGYM	(9.30) TOTAL BODY	(9.30) ACQUAGYM	(9.30) TOTAL BODY	(9.30) REGGAETON FIT		
	(9.45) POSTURAL TRAINING	(9.30) ACQUAGYM		(9.30) ACQUAGYM	(9.30) ACQUAGYM		
10:00 / 11:00	(10.15) PUMP	(10.15) ACQUAGYM	(10.15) TOTAL BODY	(10.15) AXE (P)	(10.15) ACQUAGYM	(10.30) ACQUAGYM	(10.30) ACQUAGYM (P)
	(10.15) ACQUAGYM	(10.30) YOGAFIT	(10.15) ACQUAGYM	(10.15) ACQUAGYM	(10.30) WALKZONE (P)		
	(10.30) PILATES	(10.30) WALKZONE (P)	(10.30) PILATES	(10.15) PUMP	(10.30) PILATES		
	(10.45) POSTURAL TRAINING						
11:00 / 12:00	(11.00) ACQUAGYM		(11.15) ACQUAGYM	(11.15) EVERGREEN	(11.15) PILATES	(11.15) ACQUAGYM	(11.15) ACQUAGYM (P)
	(11.15) PILATES					(11.30) FITNESS A ROTAZIONE	
	(11.45) ACQUAGYM						
12:00 / 13:00	(12.30) HYDROBIKE (P)	(12.30) ACQUAGYM	(12.30) ACQUAGYM	(12.30) ACQUAGYM	(12.30) ACQUAGYM	(12.15) HYDROBIKE (P)	
						(12.15) WALKZONE (P)	
13:00 / 14:00	(13.30) OLIT	(13.30) REGGAETON FIT	(13.30) PUMP	(13.30) PREPUGILISTICA	(13.30) FUNCTIONAL TRAINING (P)	(13.30) ACQUAGYM	
	(13.30) TOTAL BODY	(13.30) ACQUAGYM	(13.30) HYDROBIKE (P)	(13.30) ACQUAGYM	(13.30) YOGA FIT	(13.30) INDOOR CYCLING (P)	
	(13.30) ACQUAGYM	(13.30) INDOOR CYCLING (P)	(13.30) WALKZONE (P)	(13.30) INDOOR CYCLING (P)	(13.30) ZUMBA FIT		
	(13.30) WALKZONE (P)				(13.30) HYDROBIKE (P)		
					(13.30) WALKZONE (P)		
14:00 / 15:00	(14.15) HYDROBIKE (P)		(14.15) ACQUAGYM				
	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) OLIT		
	(14.30) POSTURAL TRAINING		(14.30) POSTURAL TRAINING				
16:00 / 17:00	(16.45) POSTURAL TRAINING		(16.30) POSTURAL TRAINING (P)		(16.45) POSTURAL TRAINING (P)	(16.00) ACQUAGYM	
17:00 / 18:00	(17.00) PUMP	(17.00) WT CROSS (P)	(17.00) TOTAL BODY	(17.00) POSTURAL TRAINING	(17.00) METABOLIC CIRCUIT		
	(17.30) AXE (P)	(17.00) ZUMBA FIT	(17.30) KETTEL BELL (P)	(17.30) ABC STEP	(17.30) AXE (P)		
	(17.30) WALKZONE (P)	(17.30) WALKZONE (P)	(17.30) WALKZONE (P)	(17.30) WALKZONE (P)	(17.30) WALKZONE (P)		
	(17.45) TOTAL BODY	(17.45) PUMP	(17.45) ZUMBA FIT	(17.45) PILATES	(17.45) ZUMBA FIT		
18:00 / 19:00	(18.00) HYDROBIKE (P)	(18.15) WALKZONE (P)	(18.00) HYDROBIKE (P)	(18.15) WALKZONE (P)	(18.30) HYDROBIKE (P)		
	(18.15) PILATES (P)	(18.30) TOTAL BODY	(18.30) TOTAL BODY	(18.30) WT CROSS (P)	(18.30) TOTAL BODY		
	(18.30) TOTAL BODY	(18.30) PILATES (P)	(18.30) STEP	(18.30) TOTAL BODY	(18.30) INDOOR CYCLING (P)		
	(18.30) INDOOR CYCLING (P)	(18.30) INDOOR CYCLING (P)	(18.30) INDOOR CYCLING (P)	(18.30) INDOOR CYCLING (P)	(18.45) FUNCTIONAL TRAINING (P)		
		(18.45) ACQUAGYM	(18.45) ACQUAGYM	(18.45) ACQUAGYM			
19:00 / 20:00	(19.00) ACQUAGYM	(19.30) X-TEMPO	(19.00) FUNCTIONAL TRAINING (P)	(19.15) PILATES (P)	(19.00) PUMP		
	(19.00) METABOLIC CIRCUIT	(19.30) ACQUAGYM	(19.00) WALKZONE (P)	(19.30) PUMP	(19.00) WALKZONE (P)		
	(19.00) WALKZONE (P)	(19.30) INDOOR CYCLING (P)	(19.15) TOTAL BODY	(19.30) ACQUAGYM	(19.15) STEP		
	(19.15) STEP		(19.30) YOGA 75'	(19.30) INDOOR CYCLING (P)	(19.15) ACQUAGYM		
	(19.15) WT CROSS (P)		(19.30) ACQUAGYM		(19.30) PILATES (P)		
	(19.45) TOTAL BODY		(19.45) WALKZONE (P)		(19.45) WALKZONE (P)		
	(19.45) ACQUAGYM						
20:00 / 21:00	(20.00) PREPUGILISTICA 60'	(20.15) PILATES	(20.00) PREPUGILISTICA 60'	(20.15) POSTURAL TRAINING	(20.00) PREPUGILISTICA 60'		
	(21.00) POSTURAL TRAINING	(21.00) TOTAL BODY	(20.15) HYDROBIKE (P)	(21.00) TOTAL BODY			
			(21.00) POSTURAL TRAINING				

Sala Iso (pesi)
Lunedì h.7:00/22:00
Martedì h.7:00 / 22:00
Mercoledì h.7:00 /22:00
Giovedì h.8:00 / 22:00
Venerdì h.7:00 /22:00
Sabato h.9:00 / 19:30
Domenica h.9:00 / 13:30

Nuoto libero
Lunedì/Martedì/
Mercoledì/Venerdì
h.7:00 - 16.00
19.00 - 22.00
Giovedì
h.8:00 - 16.00
19.00 - 22.00
Sabato
h.9:00 - 19:30
Domenica
h.9:00 - 13:30

Orario Valido dal 09/01/2017

Potrebbe subire variazioni

(P) corso a prenotazione

Tipologia Classi

FITNESS&FUN

BODY&MIND

WALKZONE

ACQUAGYM

INDOOR CYCLING

HYDROBIKE