

FASCE ORARIE	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	ENERGIA	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	(8.30) ACQUAGYM	(8.00) EVERGREEN	(8.15) WALKZONE (P)	(8.00) POSTURAL TRAINING		
	(8.30) HYDROBIKE (P)	(8.30) EVERGREEN	(8.30) HYDROBIKE (P)	(8.30) ACQUAGYM	(8.30) HYDROBIKE (P)		
	(8.45) EVERGREEN		(8.45) POSTURAL TRAINING	(8.30) EVERGREEN	(8.45) TOTAL BODY		
9:00 / 10:00	(9.30) PILATES	(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) TOTAL BODY	(10.15) ACQUAGYM	(10.15) TOTAL BODY	(10.15) AXÈ	(10.15) ACQUAGYM	(10.30) ACQUAGYM	(10.30) ACQUAGYM
	(10.15) ACQUAGYM	(10.30) YOGA FIT	(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		
11:00 / 12:00	(11.00) ACQUAGYM		(11.15) ACQUAGYM	(11.15) EVERGREEN	(11.15) PILATES	(11.15) ACQUAGYM	(11.15) ACQUAGYM
	(11.15) PILATES					(11.30) FITNESS A ROTAZIONE	
12:00 / 13:00			(12.00) OMNIA TRAINING (P)			(12.15) HYDROBIKE (P)	
13:00 / 14:00	(12.30) HYDROBIKE (P)	(12.30) ACQUAGYM	(12.30) ACQUAGYM	(12.30) ACQUAGYM	(12.30) ACQUAGYM	(12.15) WALKZONE (P)	
		(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		
14:00 / 15:00	(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		(16.45) POSTURAL TRAINING	(16.00) ACQUAGYM	
17:00 / 18:00	(17.00) PUMP	(17.00) WT CROSS (P)	(17.00) TOTAL BODY	(17.00) AEROKOMBAT	(17.00) METABOLIC CIRCUIT		
	(17.30) WALKZONE (P)	(17.00) AEROKOMBAT	(17.30) KETTLEBELL	(17.30) ABC STEP	(17.30) AXE		
	(17.45) PILATES	(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)		
		(18.30) 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)	(18.45) ACQUAGYM	(18.30) INDOOR CYCLING (P)	(18.45) ACQUAGYM			
19:00 / 20:00		(19.00) INDOOR CYCLING (P)	(18.45) ACQUAGYM	(19.00) INDOOR CYCLING (P)	(19.00) FUNCTIONAL TRAINING (P)		
	(19.00) ACQUAGYM	(19.30) WT KOMBAT	(19.00) FUNCTIONAL TRAINING (P)	(19.15) PILATES (P)	(19.00) STEP		
	(19.00) METABOLIC CIRCUIT	(19.30) ACQUAGYM	(19.00) WALKZONE (P)	(19.30) PUMP	(19.15) PILATES		
	(19.00) WALKZONE (P)		(19.15) TOTAL BODY	(19.30) ACQUAGYM	(19.00) WALKZONE (P)		
	(19.15) STEP		(19.30) YOGA 75'				
	(19.15) WT CROSS (P)		(19.30) ACQUAGYM		(19.15) ACQUAGYM		
	(19.30) INDOOR CYCLING (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'		
			(20.15) HYDROBIKE (P)				

Orario Valido dal 04/09/2017

Potrebbe subire variazioni (P) corso a prenotazione

Tipologia
Classi

FITNESS&FUN

BODY&MIND

WALKZONE

ACQUAGYM

INDOOR CYCLING

HYDROBIKE