Orario Valido dal 03/07/2017 al 30/07/2017

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	(8.30) 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) 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) AXÈ	(10.15) ACQUAGYM	(10.30) ACQUAGYM	(10.30) ACQUAGYM
	(10.15) ACQUAGYM	(10.30) YOGAFIT	(10.15) ACQUAGYM		(10.30) WALKZONE (P)		
		(10.30) WALKZONE (P)	(10.30) PILATES	(10.15) PUMP	(10.30) PILATES		
				(10.15) ACQUAGYM			
11:00 / 12:00	(11.00) ACQUAGYM					(11.15) ACQUAGYM	(11.15) ACQUAGYM
	(11.15) PILATES					(11.30) FITNESS A ROTAZIONE	
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) 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							
	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) TOTAL BODY			
	(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) METABOLIC CIRCUIT		
	(17.30) WALKZONE (P)			(17.30) ABC STEP			
	(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) INDOOR CYCLING (P)	(18.45) ACQUAGYM	(19.00) INDOOR CYCLING (P)			
19:00 / 20:00	(19.00) ACQUAGYM	(19.30) X-TEMPO	(19.00) FUNCTIONAL TRAINING (P)	(19.15) PILATES (P)			
	(19.00) METABOLIC CIRCUIT	(19.30) ACQUAGYM	(19.00) WALKZONE (P)	(19.30) PUMP	(19.00) PUMP		
	(19.00) WALKZONE (P)		(19.15) TOTAL BODY	(19.30) ACQUAGYM	(19.00) WALKZONE (P)		
	(19.15) STEP		(19.30) YOGA 75'		(19.15) STEP		
	(19.15) WT CROSS (P)		(19.30) ACQUAGYM		(19.15) ACQUGYM		
	(19.45) TOTAL BODY		(19.45) WALKZONE (P)				
	(19.45) ACQUAGYM				(19.45) PILATES		
	(19.45) WALKZONE (P)						
20:00 / 21:00		(20.15) PILATES		(20.15) 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 / 19:30

Nuoto libero
Lunedì/Martedì/
Mercoledì/Venerdì
7:00 - 21.30

Giovedì
8:00 - 21.30

Sabato/Domenica
9:00 - 19:30

Rev 2017.06.13
Potrebbe subire variazioni (P) corso a prenotazione

Tipologia Classi — FITNESS&FUN — BODY&MIND — WALKZONE — ACQUAGYM — INDOOR CYCLING — HYDROBIKE