

ORARI CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - validi dal 2 ottobre 2017

FASCE ORARIE	ORARI CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - validi dal 2 ottobre 2017						
	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00 / 8:00	(7.15) OMNIA TRAINING (P)	(7.15) INDOOR CYCLING (P)	(7.15) OMNIA TRAINING (P)		(7.15) OMNIA TRAINING (P)		
	(7.15) INDOOR WALK (P)		(7.15) INDOOR WALK (P)		(7.15) INDOOR CYCLING (P)		
8:00 / 9:00	(8.00) POSTURAL TRAINING	(8.00) ACQUA FUN	(8.00) EVERGREEN	(8.15) INDOOR WALK (P)	(8.00) POSTURAL TRAINING		
	(8.00) HYDROBIKE (P)	(8.30) EVERGREEN	(8.00) HYDROBIKE (P)	(8.15) ACQUA FUN	(8.00) HYDROBIKE (P)		
	(8.45) POSTURAL TRAINING		(8.45) POSTURAL TRAINING	(8.30) EVERGREEN	(8.45) TOTAL BODY		
9:00 / 10:00	(9.15) ACQUA FUN	(9.30) POSTURAL TRAINING	(9.30) PILATES	(9.30) POSTURAL TRAINING	(9.30) POSTURAL TRAINING	(9.30) HYDROBIKE (P)	
	(9.30) PILATES	(9.30) TOTAL BODY	(9.30) ACQUA FUN	(9.30) TOTAL BODY	(9.30) REGGAETON FIT		
	(9.45) POSTURAL TRAINING	(9.30) ACQUA FUN		(9.30) ACQUA FUN	(9.30) ACQUA FUN		
10:00 / 11:00	(10.00) ACQUA POWER	(10.15) ACQUA MIND	(10.15) METABOLIC CIRCUIT	(10.15) AXÈ	(10.15) ACQUA POWER	(10.30) ACQUA POWER	(10.30) ACQUA FUN
	(10.15) TOTAL BODY	(10.30) YOGAFIT	(10.15) ACQUA FUN	(10.15) PUMP	(10.30) INDOOR WALK (P)		
	(10.30) PILATES	(10.30) INDOOR WALK (P)	(10.30) PILATES	(10.15) ACQUA MIND	(10.30) PILATES		
	(10.45) POSTURAL TRAINING			(10.30) INDOOR WALK (P)			
11:00 / 12:00	(11.00) ACQUA FUN		(11.15) ACQUA POWER	(11.15) EVERGREEN	(11.15) PILATES	(11.15) ACQUA POWER	(11.15) ACQUA POWER
	(11.15) PILATES					(11.30) FITNESS A ROTAZIONE	
	(11.45) ACQUA POWER						
12:00 / 13:00	(12.30) HYDROBIKE (P)	(12.30) ACQUA POWER	(12.00) OMNIA TRAINING (P)	(12.30) ACQUA FUN	(12.30) ACQUA FUN	(12.15) HYDROBIKE (P)	ORARI FREE 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 h 7:00 / 22:00 Martedì h 7:00 / 22:00 Mercoledì h 7:00 / 17:30 h 18:30 / 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
		(12.30) ACQUA POWER				(12.15) INDOOR WALK (P)	
13:00 / 14:00	(13.30) TOTAL BODY	(13.30) REGGAETON FIT	(13.30) PUMP	(13.30) PREPUGILISTICA	(13.30) FUNCTIONAL TRAINING (P)	(13.30) ACQUA FUN	
	(13.30) ACQUA POWER	(13.30) ACQUA FUN	(13.30) HYDROBIKE (P)	(13.30) ACQUA POWER	(13.30) YOGA FIT	(13.30) INDOOR CYCLING (P)	
	(13.30) INDOOR WALK (P)	(13.30) INDOOR CYCLING (P)	(13.30) INDOOR WALK (P)	(13.30) INDOOR CYCLING (P)	(13.30) ZUMBA FIT		
	(13.30) OLIT				(13.30) HYDROBIKE (P)		
					(13.30) INDOOR WALK (P)		
14:00 / 15:00	(14.15) ACQUA FUN	(14.30) TOTAL BODY	(14.15) ACQUA FUN	(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	(16.30) POSTURAL TRAINING		(16.30) POSTURAL TRAINING		(16.45) POSTURAL TRAINING	(16.00) ACQUA FUN	
17:00 / 18:00	(17.15) PUMP	(17.00) WT CROSS (P)	(17.00) TOTAL BODY	(17.00) PREPUGILISTICA	(17.00) METABOLIC CIRCUIT		
	(17.30) INDOOR WALK (P)	(17.00) PREPUGILISTICA	(17.15) AXE'	(17.30) INDOOR WALK (P)	(17.30) AXE'		
	(17.45) PILATES	(17.30) INDOOR WALK (P)	(17.30) INDOOR WALK (P)	(17.45) PILATES	(17.30) INDOOR WALK (P)		
		(17.45) PUMP	(17.30) KETTLEBELL (P)		(17.45) ZUMBA FIT		
		(17.45) ZUMBA FIT					
18:00 / 19:00	(18.00) TOTAL BODY	(18.15) INDOOR WALK (P)	(18.00) HYDROBIKE (P)	(18.00) ABC STEP	(18.30) HYDROBIKE (P)		
	(18.00) HYDROBIKE (P)	(18.30) TOTAL BODY	(18.30) TOTAL BODY	(18.15) INDOOR WALK (P)	(18.30) TOTAL BODY		
	(18.15) ABC FUNCTIONAL CROSS	(18.30) PILATES (P)	(18.30) STEP	(18.30) WT CROSS (P)	(18.30) INDOOR CYCLING (P)		
	(18.30) TOTAL BODY	(18.30) INDOOR CYCLING (P)	(18.30) INDOOR CYCLING (P)	(18.30) TOTAL BODY			
	(18.30) INDOOR CYCLING (P)	(18.45) ACQUA POWER	(18.45) ACQUA POWER	(18.30) INDOOR CYCLING (P)			
	(18.45) ACQUA FUN		(18.45) ACQUA FUN				
19:00 / 20:00	(19.00) METABOLIC CIRCUIT	(19.15) INDOOR WALK (P)	(19.00) FUNCTIONAL TRAINING (P)	(19.15) PILATES (P)	(19.00) FUNCTIONAL TRAINING (P)		
	(19.00) INDOOR WALK (P)	(19.30) WT KOMBAT	(19.00) INDOOR WALK (P)	(19.15) INDOOR WALK (P)	(19.00) INDOOR WALK (P)		
	(19.15) STEP	(19.30) INDOOR CYCLING	(19.30) TOTAL BODY	(19.30) PUMP	(19.15) STEP		
	(19.15) WT CROSS (P)	(19.30) ACQUA FUN	(19.30) YOGA 75'	(19.30) ACQUA POWER	(19.15) ACQUA POWER		
	(19.30) INDOOR CYCLING (P)		(19.30) ACQUA POWER	(19.30) INDOOR CYCLING (P)	(19.15) PILATES		
	(19.30) ACQUA FUN		(19.45) INDOOR WALK (P)		(19.45) INDOOR WALK (P)		
	(19.45) PILATES						
	(19.45) INDOOR WALK (P)						
20:00 / 21:00	(20.15) PREPUGILISTICA 60'	(20.15) PILATES	(20.15) PREPUGILISTICA 60'	(20.15) POSTURAL TRAINING	(20.00) PREPUGILISTICA 60'		
	(20.30) HYDROBIKE (P)	(21.00) TOTAL BODY	(20.30) HYDROBIKE (P)	(21.00) TOTAL BODY			

LEGENDA CATEGORIE

- BODY & MIND
- ACQUA FITNESS
- SPORT & POWER
- FITNESS & FUN
- FREE TRAINING

(P) Corso a prenotazione
 L'orario potrebbe subire variazioni
 REV 20170921