

## ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 8 gennaio 2018

FASCE ORARIE	ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 8 gennaio 2018						
	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) FITNESS A ROTAZIONE	
	(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	(11.30) ZUMBA FIT	(11.15) ACQUA POWER	(11.15) EVERGREEN	(11.15) PILATES	(11.00) INDOOR WALK (P)	(11.00) FITNESS A ROTAZIONE
	(11.15) PILATES		(11.15) POSTURAL TRAINING			(11.15) ACQUA POWER	(11.15) ACQUA POWER
	(11.45) ACQUA POWER					(11.30) FITNESS A ROTAZIONE	
12:00 / 13:00	(12.00) OMNIA TRAINING (P)	(12.30) ACQUA POWER	(12.00) OMNIA TRAINING (P)	(12.30) ACQUA FUN	(12.00) OMNIA TRAINING (P)	(12.15) HYDROBIKE (P)	<b>ORARI FREE TRAINING</b>  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) HYDROBIKE (P)		(12.30) ACQUA POWER		(12.30) ACQUA FUN	(12.15) INDOOR WALK (P)	
13:00 / 14:00	(13.30) TOTAL BODY	(13.30) ACQUA FUN	(13.30) PUMP	(13.30) PREPUGILISTICA	(13.30) FUNCTIONAL TRAINING (P)	(13.30) ACQUA FUN	
	(13.30) ACQUA POWER	(13.30) REGGAETON FIT	(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)		
14:00 / 15:00	(14.15) ACQUA FUN	(14.30) TOTAL BODY	(14.15) ACQUA FUN	(14.30) TOTAL BODY	(14.30) OLIT		
	(14.30) TOTAL BODY		(14.30) TOTAL BODY				
	(14.30) POSTURAL TRAINING		(14.30) POSTURAL TRAINING				
16:00 / 17:00	(16.30) POSTURAL TRAINING		(16.30) POSTURAL TRAINING		(16.30) OMNIA TRAINING (P)	(16.00) ACQUA FUN	
			(16.30) OMNIA TRAINING (P)		(16.45) POSTURAL TRAINING		
17:00 / 18:00	(17.15) PUMP	(17.00) WT CROSS (P)	(17.00) TOTAL BODY	(17.00) TOTAL BODY	(17.00) METABOLIC CIRCUIT		
	(17.30) INDOOR WALK (P)	(17.00) TOTAL BODY	(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) PILATES	(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 POWER			
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 (P)	(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 FUN	(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		(19.30) INDOOR CYCLING (P)		(19.45) INDOOR WALK (P)		
	(19.45) PILATES		(19.45) INDOOR WALK (P)				
	(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 20171220