

ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 18 Giugno 2018

FASCE ORARIE	ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 18 Giugno 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	(8.30) ACQUA FUN	(8.00) EVERGREEN	(8.15) INDOOR WALK (P)	(8.00) POSTURAL TRAINING		
	(8.30) HYDROBIKE (P)	(8.30) EVERGREEN	(8.30) HYDROBIKE (P)	(8.30) ACQUA FUN	(8.30) HYDROBIKE (P)		
	(8.45) POSTURAL TRAINING	(8.30) OMNIA TRAINING (P)	(8.45) POSTURAL TRAINING	(8.30) EVERGREEN	(8.45) TOTAL BODY		
				(8.30) OMNIA TRAINING (P)			
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) ZUMBA 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	(10.00) 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	(11.00) 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)	(12.00) ACQUA FUN
	(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) METABOLIC CIRCUIT	(13.30) PUMP	(13.30) PREPUGILISTICA	(13.30) FUNCTIONAL TRAINING (P)	(13.30) ACQUA FUN	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
	(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) HYDROBIKE (P)		
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				
			(16.30) POSTURAL TRAINING				
16:00 / 17:00	(16.30) POSTURAL TRAINING		(16.30) OMNIA TRAINING (P)		(16.30) OMNIA TRAINING (P)	(16.00) ACQUA FUN	Nuoto libero Lunedì h 7:00 / 21:30 Martedì h 7:00 / 21:30 Mercoledì h 7:00 / 21:30 Giovedì h 8:00 / 21:30 Venerdì h 7:00 / 21:30 Sabato h 9:00 / 19:30 Domenica h 9:00 / 19:30
					(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)		LEGENDA CATEGORIE BODY & MIND ACQUA FITNESS SPORT & POWER FITNESS & FUN FREE TRAINING
	(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	(18.45) ACQUA POWER	(18.30) INDOOR CYCLING (P)	(18.30) TOTAL BODY			
	(18.30) INDOOR CYCLING (P)		(18.45) ACQUA POWER	(18.45) ACQUA POWER			
	(18.45) ACQUA FUN						
19:00 / 20:00	(19.00) METABOLIC CIRCUIT	(19.00) INDOOR CYCLING (P)	(19.00) FUNCTIONAL TRAINING (P)	(19.00) INDOOR CYCLING (P)	(19.00) FUNCTIONAL TRAINING (P)		(P) Corso a prenotazione L'orario potrebbe subire variazioni
	(19.00) INDOOR WALK (P)	(19.15) INDOOR WALK (P)	(19.00) INDOOR WALK (P)	(19.15) PILATES (P)	(19.00) INDOOR WALK (P)		
	(19.15) STEP	(19.30) WT KOMBAT	(19.30) TOTAL BODY	(19.15) INDOOR WALK (P)	(19.15) STEP		
	(19.15) WT CROSS (P)	(19.30) ACQUA FUN	(19.30) YOGA 75'	(19.30) PUMP	(19.15) ACQUA POWER		
	(19.30) INDOOR CYCLING (P)		(19.30) ACQUA POWER	(19.30) ACQUA FUN	(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'		REV 20180612
	(20.30) HYDROBIKE (P)	(21.00) TOTAL BODY	(20.15) STEP	(21.00) TOTAL BODY			
			(20.30) HYDROBIKE (P)				