ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 2 Luglio 2018

FASCE ORARIE	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		(8.45) 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) 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		(11.15) 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**
	(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)	<u>Sala Iso (pesi)</u>
	(13.30) INDOOR WALK (P)	(13.30) INDOOR CYCLING (P)	(13.30) INDOOR WALK (P)	(13.30) INDOOR CYCLING (P)	(13.30) ZUMBA FIT		Lunedì h 7:00 / 22:00
					(13.30) HYDROBIKE (P)		Martedì h 7:00 / 22:00
					(13.30) INDOOR WALK (P)		Mercoledì h 7:00 /22:00
							Giovedì h 8:00 / 22:00
							Venerdì h 7:00 /22:00
14:00 / 15:00	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) TOTAL BODY	(14.30) TOTAL BODY			Sabato h 9:00 / 19:30
	(14.30) POSTURAL TRAINING						Domenica h 9:00 / 19:30
16:00 / 17:00	(16.30) POSTURAL TRAINING		(16.30) POSTURAL TRAINING		(16.45) POSTURAL TRAINING	(16.00) ACQUA FUN	<u>Nuoto libero</u>
							Lunedì h 7:00 / 21:30
17:00 / 18:00	(17.15) PUMP	(17.00) WT CROSS (P)	(17.00) TOTAL BODY	(17.00) TOTAL BODY	(17.00) METABOLIC CIRCUIT		Martedì h 7:00 / 21:30
	(17.30) INDOOR WALK (P)	(17.00) TOTAL BODY	(17.15) AXE'	(17.30) INDOOR WALK (P)	(17.30) AXE'		Mercoledì h 7:00 / 21:30
	(17.45) PILATES	(17.30) INDOOR WALK (P)	(17.30) INDOOR WALK (P)	(17.45) PILATES	(17.30) INDOOR WALK (P)		Giovedì h 8:00 / 21:30
		(17.45) PUMP	(17.30) KETTLEBELL (P)		(17.45) ZUMBA FIT		Venerdì h 7:00 / 21:30
			(17.45) ZUMBA FIT				Sabato h 9:00 / 19:30
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)		Domenica h 9:00 / 19:30
	(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)		**LEGENDA CATEGORIE**
	(18.30) TOTAL BODY	(18.45) ACQUA POWER	(18.30) INDOOR CYCLING (P)	(18.30) TOTAL BODY			BODY & MIND
	(18.30) INDOOR CYCLING (P)		(18.45) ACQUA POWER	(18.45) ACQUA POWER			ACQUA FITNESS
	(18.45) ACQUA FUN						SPORT & POWER
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)		FITNESS & FUN
	(19.00) INDOOR WALK (P)	(19.15) INDOOR WALK (P)	(19.00) INDOOR WALK (P)	(19.15) PILATES (P)	(19.00) INDOOR WALK (P)		FREE TRAINING
	(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		**(P) Corso a prenotazione**
	(19.30) INDOOR CYCLING (P)		(19.30) ACQUA POWER	(19.30) ACQUA FUN	(19.15) PILATES		**L'orario potrebbe subire variazioni**
	(19.30) ACQUA FUN		(19.30) INDOOR CYCLING (P)				
	(19.45) PILATES		(19.45) INDOOR WALK (P)				**REV 20180625**
	(19.45) INDOOR WALK (P)						
20:00 / 21:00	(20.30) HYDROBIKE (P)	(20.15) PILATES	(20.15) STEP	(20.15) POSTURAL TRAINING			
		(21.00) TOTAL BODY	(20.30) HYDROBIKE (P)	(21.00) TOTAL BODY			