

ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 3 Settembre 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	<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 / 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
	(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) 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) 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		
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)		<b>LEGENDA CATEGORIE</b>  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)		
	(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) PILATES		(19.45) INDOOR WALK (P)				(P) Corso a prenotazione
	(19.45) INDOOR WALK (P)					L'orario potrebbe subire variazioni	
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			REV 20180723

**ATTENZIONE: LA PISCINA RIMANE CHIUSA DA LUNEDI' 3 A DOMENICA 16 SETTEMBRE COMPRESI. IN QUESTI GIORNI LE ATTIVITA' DI NUOTO LIBERO E DI ACQUAFITNESS SONO SOSPESE**