

ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 1 Ottobre 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	(8.00) 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	(9.00) OMNIA TRAINING (P)	(9.30) PILATES	(9.00) OMNIA TRAINING (P)	(9.30) POSTURAL TRAINING	(9.30) HYDROBIKE (P)	
	(9.30) PILATES	(9.30) POSTURAL TRAINING	(9.30) ACQUA FUN	(9.30) POSTURAL TRAINING	(9.30) ZUMBA FIT		
	(9.45) POSTURAL TRAINING	(9.30) TOTAL BODY		(9.30) TOTAL BODY	(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) POSTURAL TRAINING	(11.15) PILATES	(11.00) INDOOR WALK (P)	(11.00) FITNESS A ROTAZIONE
	(11.15) PILATES		(11.15) POSTURAL TRAINING	(11.15) EVERGREEN		(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 / 18:30 Domenica h 9:00 / 18:30
	(13.30) ACQUA POWER	(13.30) ACQUA FUN	(13.30) HYDROBIKE (P)	(13.30) ACQUA POWER	(13.30) PILATES	(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) YOGA FIT	(13.30) F.C. MAX		(13.30) F.C. MAX	(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) TOTAL BODY		
	(14.30) TOTAL BODY		(14.30) TOTAL BODY				
	(14.30) POSTURAL TRAINING		(14.30) POSTURAL TRAINING				
16:00 / 17:00	(16.30) POSTURAL TRAINING	(16.00) PILATES	(16.30) POSTURAL TRAINING	(16.00) PILATES	(16.30) OMNIA TRAINING (P)	(16.00) ACQUA FUN	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 / 18:30 Domenica h 9:00 / 18:30
			(16.30) OMNIA TRAINING (P)		(16.45) POSTURAL TRAINING		
17:00 / 18:00	(17.15) PUMP	(17.00) F.C. MAX	(17.00) TOTAL BODY	(17.00) TOTAL BODY	(17.00) METABOLIC CIRCUIT		
	(17.30) ABC FUNZIONALE CROSS 30'	(17.00) TOTAL BODY	(17.00) ABC FUNZIONALE CROSS 30'	(17.00) F.C. MAX	(17.30) AXE'		
	(17.30) INDOOR WALK (P)	(17.30) INDOOR WALK (P)	(17.15) AXE'	(17.30) INDOOR WALK (P)	(17.30) INDOOR WALK (P)		
	(17.45) PILATES	(17.45) PUMP	(17.30) INDOOR WALK (P)	(17.45) PILATES	(17.45) ZUMBA FIT		
			(17.30) KETTLEBELL (P)	(17.45) KETTLEBELL (P)			
18:00 / 19:00	(18.00) TOTAL BODY	(18.15) INDOOR WALK (P)	(18.00) HYDROBIKE (P)	(18.00) ABC STEP	(18.15) INDOOR WALK (P)		<b>LEGENDA CATEGORIE</b>  BODY & MIND  ACQUA FITNESS  SPORT & POWER  FITNESS & FUN  FREE TRAINING
	(18.00) HYDROBIKE (P)	(18.30) TOTAL BODY	(18.15) INDOOR WALK (P)	(18.15) INDOOR WALK (P)	(18.30) HYDROBIKE (P)		
	(18.00) KETTLEBELL (P)	(18.30) PILATES (P)	(18.30) TOTAL BODY	(18.30) WT CROSS (P)	(18.30) TOTAL BODY		
	(18.15) INDOOR WALK (P)	(18.30) INDOOR CYCLING (P)	(18.30) PUMP	(18.30) TOTAL BODY	(18.30) INDOOR CYCLING (P)		
	(18.30) TOTAL BODY	(18.45) ACQUA POWER	(18.30) INDOOR CYCLING (P)	(18.30) INDOOR CYCLING (P)			
	(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	(19.15) INDOOR WALK (P)	(19.00) FUNCTIONAL TRAINING (P)	(19.15) PILATES (P)	(19.00) FUNCTIONAL TRAINING (P)		
	(19.15) STEP	(19.30) WT KOMBAT	(19.15) INDOOR WALK (P)	(19.15) INDOOR WALK (P)	(19.15) STEP		
	(19.15) WT CROSS (P)	(19.30) INDOOR CYCLING (P)	(19.30) TOTAL BODY	(19.30) PUMP	(19.15) ACQUA POWER		
	(19.15) INDOOR WALK (P)	(19.30) ACQUA FUN	(19.30) YOGA FIT	(19.30) ACQUA FUN	(19.15) PILATES		
	(19.30) INDOOR CYCLING (P)		(19.30) ACQUA POWER	(19.30) INDOOR CYCLING (P)	(19.15) INDOOR WALK (P)		
	(19.30) ACQUA FUN		(19.30) INDOOR CYCLING (P)				
20:00 / 21:00	(20.15) PREPUGILISTICA 60'	(20.15) PILATES	(20.15) PREPUGILISTICA 60'	(20.15) POSTURAL TRAINING	(20.00) PREPUGILISTICA 60'		(P) Corso a prenotazione L'orario potrebbe subire variazioni
	(20.30) HYDROBIKE (P)	(21.00) TOTAL BODY	(20.15) STEP	(21.00) TOTAL BODY			
			(20.30) HYDROBIKE (P)				