

FASCE ORARIE	ANTEPRIMA CLASSI FITNESS & ACQUAFITNESS - valido dal 30 SETTEMBRE 2019						
	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00 / 8:00	(7.15) INDOOR WALK (P)	(7.15) INDOOR CYCLING (P)	(7.15) INDOOR WALK (P)	(7.15) INDOOR CYCLING (P)	(7.15) INDOOR WALK (P)		
		(7.30) INDOOR WALK (P)		(7.30) INDOOR WALK (P)			
8:00 / 9:00	(8.00) HYDROBIKE (P)	(8.15) TOTAL BODY	(8.00) HYDROBIKE (P)	(8.15) PUMP	(8.00) HYDROBIKE (P)		
	(8.00) POSTURAL TRAINING	(8.15) ACQUA FUN	(8.00) EVERGREEN	(8.15) ACQUA FUN	(8.00) POSTURAL TRAINING		
	(8.30) TOTAL BODY	(8.45) EVERGREEN	(8.30) PUMP	(8.45) EVERGREEN	(8.30) TOTAL BODY		
9:00 / 10:00	(9.00) ACQUA FUN	(9.15) TOTAL BODY	(9.00) ACQUA FUN	(9.15) PUMP	(9.00) ACQUA FUN	(9.30) HYDROBIKE (P)	
	(9.00) POSTURAL TRAINING	(9.15) ACQUA FUN	(9.00) POSTURAL TRAINING	(9.15) ACQUA FUN	(9.00) PILATES		
	(9.30) PUMP	(9.45) POSTURAL TRAINING	(9.30) TOTAL BODY	(9.45) POSTURAL TRAINING	(9.30) PUMP		
10:00 / 11:00	(10.00) ACQUA POWER	(10.15) ACQUA MIND	(10.00) ACQUA POWER	(10.15) ACQUA MIND	(10.00) ACQUA POWER	(10.30) ACQUA POWER	(10.00) ACQUA FUN
	(10.00) POSTURAL TRAINING	(10.15) PUMP	(10.00) PILATES	(10.15) TOTAL BODY	(10.00) POSTURAL TRAINING	(10.30) FITNESS A ROTAZIONE	
	(10.15) INDOOR WALK (P)	(10.30) INDOOR WALK (P)	(10.15) INDOOR WALK (P)	(10.30) INDOOR WALK (P)	(10.15) INDOOR WALK (P)		
	(10.30) TOTAL BODY	(10.45) YOGAFIT	(10.30) PUMP	(10.45) YOGAFIT	(10.30) TOTAL BODY		
11:00 / 12:00	(11.00) ACQUA FUN	(11.15) TOTAL BODY	(11.00) ACQUA FUN	(11.15) PUMP	(11.00) ACQUA FUN		(11.00) FITNESS A ROTAZIONE
	(11.00) PILATES	(11.45) STRETCH&RELAX	(11.00) PILATES	(11.45) STRETCH&RELAX	(11.00) PILATES	(11.15) INDOOR WALK (P)	(11.00) ACQUA POWER
	(11.30) ZUMBA		(11.30) TOTAL BODY		(11.30) ZUMBA	(11.30) ACQUA POWER	
12:00 / 13:00	(12.00) HYDROBIKE (P)	(12.15) ACQUA POWER	(12.00) HYDROBIKE (P)	(12.15) ACQUA POWER	(12.00) HYDROBIKE (P)	(11.30) FITNESS A ROTAZIONE	(12.00) ACQUA FUN
	(12.00) PILATES	(12.45) PILATES	(12.00) POSTURAL TRAINING	(12.45) PILATES	(12.00) PILATES	(12.15) INDOOR WALK (P)	
	(12.30) PUMP		(12.30) TOTAL BODY		(12.30) TOTAL BODY	(12.30) HYDROBIKE (P)	
13:00 / 14:00	(13.00) ACQUA POWER	(13.15) ACQUA FUN	(13.00) ACQUA POWER	(13.15) ACQUA FUN	(13.00) ACQUA POWER	(13.30) ACQUA FUN	<p>PROTOCOLLO DI ALLENAMENTO OMNIA by TECHNOGYM</p> <p>Circuiti di allenamento consecutivi della durata di 30 minuti nelle fasce orarie 9.00/11.30 e 18.00/20.00 dei giorni Martedì e Giovedì.</p> <p>ATTENZIONE: le fasi di riscaldamento e defaticamento/stretching dovranno essere fatte in autonomia utilizzando le postazioni di allenamento della isocardio.</p>
	(13.00) FUNCTIONAL TRAINING (P)	(13.15) METABOLIC CIRCUIT	(13.00) FUNCTIONAL TRAINING (P)	(13.15) METABOLIC CIRCUIT	(13.00) FUNCTIONAL TRAINING (P)	(13.30) INDOOR CYCLING (P)	
	(13.00) YOGAFIT	(13.15) F.C. MAX	(13.00) PILATES	(13.15) F.C. MAX	(13.00) YOGAFIT		
	(13.15) INDOOR WALK (P)	(13.30) INDOOR CYCLING (P)	(13.15) INDOOR WALK (P)	(13.30) INDOOR CYCLING (P)	(13.15) INDOOR WALK (P)		
	(13.30) TOTAL BODY	(13.30) INDOOR WALK (P)	(13.30) PUMP	(13.30) INDOOR WALK (P)	(13.30) ZUMBA FIT		
		(13.45) PILATES		(13.45) PILATES			
14:00 / 15:00	(14.00) ACQUA FUN	(14.15) ACQUA POWER	(14.00) ACQUA FUN	(14.15) ACQUA POWER	(14.00) ACQUA FUN		
	(14.00) TOTAL BODY	(14.15) TOTAL BODY	(14.00) TOTAL BODY	(14.15) TOTAL BODY	(14.00) PUMP		
	(14.30) POSTURAL TRAINING	(14.45) POSTURAL TRAINING	(14.30) POSTURAL TRAINING	(14.45) POSTURAL TRAINING	(14.30) PILATES		
15:00 / 16:00		(15.15) TOTAL BODY		(15.15) TOTAL BODY			
		(15.45) PILATES		(15.45) PILATES			
16:00 / 17:00	(16.30) ZUMBA FIT	(16.45) PILATES	(16.30) ZUMBA FIT	(16.45) PILATES	(16.30) TOTAL BODY	(16.00) ACQUA FUN	
17:00 / 18:00	(17.00) STRETCH&RELAX	(17.15) F.C. MAX	(17.00) STRETCH&RELAX	(17.15) F.C. MAX	(17.00) STRETCH&RELAX		
		(17.15) ABC STEP	(17.00) ABC FUNCTIONAL	(17.15) ABC STEP	(17.00) FUNCTIONAL TRAINING (P)		
	(17.15) INDOOR WALK (P)	(17.30) INDOOR WALK (P)	(17.15) INDOOR WALK (P)	(17.30) INDOOR WALK (P)	(17.15) INDOOR WALK (P)		
	(17.30) TOTAL BODY	(17.45) PILATES	(17.30) TOTAL BODY	(17.45) PILATES	(17.30) TOTAL BODY		
18:00 / 19:00	(18.00) PILATES	(18.15) PUMP	(18.00) PILATES	(18.15) TOTAL BODY	(18.00) PILATES		
	(18.00) KETTLEBELL	(18.15) HYDROBIKE (P)	(18.00) KETTLEBELL	(18.15) HYDROBIKE (P)	(18.00) WT CROSS		
	(18.15) INDOOR WALK (P)	(18.30) INDOOR WALK (P)	(18.15) INDOOR WALK (P)	(18.30) INDOOR WALK (P)	(18.15) INDOOR WALK (P)		
	(18.15) ACQUA FUN	(18.45) INDOOR CYCLING (P)	(18.15) ACQUA FUN	(18.45) INDOOR CYCLING (P)	(18.15) ACQUA FUN		
	(18.30) METABOLIC CIRCUIT	(18.45) PILATES (P)	(18.30) PUMP	(18.45) PILATES (P)	(18.30) METABOLIC CIRCUIT		
	(18.30) INDOOR CYCLING (P)		(18.30) INDOOR CYCLING (P)		(18.30) INDOOR CYCLING (P)		
19:00 / 20:00	(19.00) PILATES	(19.15) ACQUA FUN	(19.00) YOGA FIT	(19.15) ACQUA FUN	(19.00) YOGA FIT		
	(19.00) FUNCTIONAL TRAINING (P)	(19.15) METABOLIC CIRCUIT	(19.00) FUNCTIONAL TRAINING (P)	(19.15) PUMP	(19.00) FUNCTIONAL TRAINING (P)		
	(19.15) ACQUA POWER	(19.30) INDOOR WALK (P)	(19.15) ACQUA POWER	(19.30) INDOOR WALK (P)	(19.15) ACQUA POWER		
	(19.15) INDOOR WALK (P)	(19.45) PILATES (P)	(19.15) INDOOR WALK (P)	(19.45) POSTURAL TRAINING	(19.15) INDOOR WALK (P)		
	(19.30) TOTAL BODY	(19.45) INDOOR CYCLING (P)	(19.30) TOTAL BODY	(19.45) INDOOR CYCLING (P)	(19.30) PUMP		
	(19.30) INDOOR CYCLING (P)		(19.30) INDOOR CYCLING (P)		(19.30) INDOOR CYCLING (P)		
20:00 / 21:00	(20.00) PREPUGILISTICA	(20.15) ACQUA POWER	(20.00) PREPUGILISTICA	(20.15) ACQUA POWER	(20.00) PREPUGILISTICA		
	(20.00) PILATES	(20.15) TOTAL BODY	(20.00) POSTURAL TRAINING	(20.15) TOTAL BODY	(20.00) PILATES	(P) Corso a prenotazione L'orario potrebbe subire variazioni	
	(20.15) HYDROBIKE (P)	(20.45) TOTAL BODY	(20.15) HYDROBIKE (P)	(20.45) TOTAL BODY	(20.15) HYDROBIKE (P)	REV 20190710	
	(20.15) INDOOR WALK (P)		(20.15) INDOOR WALK (P)		(20.15) INDOOR WALK (P)		
	(20.30) STEP		(20.30) STEP		(20.30) STEP		