

FASCE ORARIE	ORARIO CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 26 AGOSTO AL 30 SETTEMBRE - dal 02 al 15 Settembre la piscina rimane chiusa per lavori di ordinaria manutenzione						
	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	(9.00) 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	(12.30) ACQUA FUN	(12.15) HYDROBIKE (P)	(12.00) ACQUA FUN
	(12.30) HYDROBIKE (P)		(12.30) ACQUA POWER			(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) YOGAFIT	(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) PILATES	(13.30) F.C.MAX		(13.30) F.C. MAX	(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) 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 (dal 02 al 15 Settembre la piscina rimane chiusa per lavori di ordinaria manutenzione)
			(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	DAL 2 AL 15 SETTEMBRE LA PISCINA RIMANE CHIUSA PER LAVORI DI ORDINARIA MANUTENZIONE	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
	(17.30) ABC FUNCIONAL CROSS 30'	(17.00) TOTAL BODY	(17.00) ABC FUNCIONAL 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)	LEGENDA CATEGORIE 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) TOTAL BODY	(18.30) TOTAL BODY		
	(18.15) INDOOR WALK (P)	(18.30) INDOOR CYCLING (P)	(18.30) PUMP	(18.30) INDOOR CYCLING (P)	(18.30) INDOOR CYCLING (P)		
	(18.30) TOTAL BODY	(18.45) ACQUA POWER	(18.30) INDOOR CYCLING (P)	(18.45) ACQUA POWER			
	(18.30) INDOOR CYCLING (P)		(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	(19.15) 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 REV 20190722	
	(20.30) HYDROBIKE (P)	(21.00) TOTAL BODY	(20.15) STEP	(21.00) TOTAL BODY			
			(20.30) HYDROBIKE (P)				