

PLANNING CLASSI FITNESS, ACQUAFITNESS, SALA ISO, NUOTO LIBERO - valido dal 13/01/2020

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7:00 / 8:00	P [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 [7.15] OMNIA TRAIN.	[7.15] ACQUA POWER	P [7.15] OMNIA TRAIN.	[7.15] ACQUA POWER	P [7.15] OMNIA TRAIN.		
8:00 / 9:00	P [8.00] HYDROBIKE	[8.15] TOTAL BODY	P [8.00] HYDROBIKE	[8.15] TOTAL BODY	P [8.00] HYDROBIKE		
	[8.00] POSTURAL TRAIN.	[8.15] ACQUA FUN	[8.00] EVERGREEN	[8.15] ACQUA FUN	[8.00] POSTURAL TRAIN.		
	[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	P [9.30] HYDROBIKE	
	[9.00] POSTURAL TRAIN.	[9.15] ACQUA FUN	[9.00] POSTURAL TRAIN.	[9.15] ACQUA FUN	[9.00] PILATES		
	[9.30] PUMP	[9.45] POSTURAL TRAIN.	[9.30] TOTAL BODY	[9.45] POSTURAL TRAIN.	[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	P [10.00] ACQUA FUN
	[10.00] POSTURAL TRAIN.	[10.15] PUMP	[10.00] PILATES	[10.15] TOTAL BODY	[10.00] POSTURAL TRAIN.	P [10.30] CORSO A ROTAZIONE	[10.30] CORSO A ROTAZIONE
	P [10.15] INDOOR WALK	P [10.30] INDOOR WALK	P [10.15] INDOOR WALK	P [10.30] INDOOR WALK	P [10.15] INDOOR WALK		
11:00 / 12:00	[10.30] TOTAL BODY	[10.45] YOGAFIT	[10.30] PUMP	[10.45] YOGAFIT	[10.30] TOTAL BODY		
	[11.00] ACQUA FUN	[11.15] TOTAL BODY	[11.00] ACQUA FUN	[11.15] PUMP	[11.00] ACQUA FUN	P [11.15] INDOOR WALK	P [11.00] ACQUA POWER
	[11.00] PILATES	[11.45] STRETCH&RELAX	[11.00] PILATES	[11.45] STRETCH&RELAX	[11.00] PILATES	P [11.30] CORSO A ROTAZIONE	
12:00 / 13:00	[11.30] ZUMBA FIT		[11.30] TOTAL BODY		[11.30] ZUMBA FIT	[11.30] ACQUA POWER	
	P [12.00] HYDROBIKE	[12.15] ACQUA POWER	P [12.00] HYDROBIKE	[12.15] ACQUA POWER	P [12.00] HYDROBIKE		P [12.00] ACQUA FUN
	[12.00] PILATES	[12.45] PILATES	[12.00] POSTURAL TRAIN.	[12.45] PILATES	[12.00] PILATES	P [12.15] INDOOR WALK	<p>OMNIA LOOP</p> <p>PROTOCOLLO DI ALLENAMENTO OMNIA by TECHNOGYM</p> <p>Circuiti di allenamento consecutivi della durata di 30 minuti.</p> <p>Martedì e Giovedì: 9.00 - 9.30 - 10.00 - 10.30 - 11.00 - 11.30 18.00 - 18.30 - 19.00 - 19.30 - 20.00</p> <p>ATTENZIONE: il riscaldamento e il defaticamento/stretching dovranno essere svolti in autonomia utilizzando le postazioni di allenamento della sala isocardio.</p>
[12.30] PUMP		[12.30] TOTAL BODY		[12.30] TOTAL BODY	P [12.30] HYDROBIKE		
13:00 / 14:00	P [13.15] INDOOR WALK	[13.15] ACQUA FUN	P [13.15] INDOOR WALK	[13.15] ACQUA FUN	P [13.15] INDOOR WALK	[13.30] ACQUA FUN	
	[13.30] YOGAFIT	[13.30] METABOLIC CIRCUIT	[13.30] PILATES	[13.30] METABOLIC CIRCUIT	[13.30] YOGAFIT	P [13.30] INDOOR CYCLING	
	[13.30] TOTAL BODY	[13.30] F.C. MAX	[13.30] PUMP	[13.30] F.C. MAX	[13.30] ZUMBA FIT		
	[13.30] ACQUA POWER	P [13.30] INDOOR CYCLING	[13.30] ACQUA POWER	P [13.30] INDOOR CYCLING	[13.30] ACQUA POWER		
14:00 / 15:00	[13.30] FUNCTIONAL TRAIN.	P [13.30] INDOOR WALK	[13.30] FUNCTIONAL TRAIN.	P [13.30] INDOOR WALK	[13.30] FUNCTIONAL TRAIN.		
		[13.45] PILATES		[13.45] PILATES			
	[14.30] ACQUA FUN	P [14.15] HYDROBIKE	[14.30] ACQUA FUN	P [14.15] HYDROBIKE	[14.30] ACQUA FUN		
15:00 / 16:00	[14.30] TOTAL BODY	[14.30] TOTAL BODY	[14.30] TOTAL BODY	[14.30] TOTAL BODY	[14.30] PUMP		
	[14.30] POSTURAL TRAIN.	[14.45] POSTURAL TRAIN.	[14.30] POSTURAL TRAIN.	[14.45] POSTURAL TRAIN.	[14.30] PILATES		
16:00 / 17:00		[15.30] TOTAL BODY		[15.30] TOTAL BODY			
		[15.45] PILATES		[15.45] PILATES			
17:00 / 18:00	[16.30] ZUMBA FIT	[16.45] PILATES	[16.30] ZUMBA FIT	[16.45] PILATES	[16.30] TOTAL BODY	[16.00] ACQUA FUN	
	[17.00] STRETCH&RELAX	[17.15] F.C. MAX	[17.00] STRETCH&RELAX	[17.15] F.C. MAX	[17.00] STRETCH&RELAX		
		[17.15] TOTAL BODY	[17.00] ABC FUNCTIONAL	[17.15] TOTAL BODY	[17.00] FUNCTIONAL TRAIN.		
18:00 / 19:00	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		
	[17.30] TOTAL BODY	[17.45] PILATES	[17.30] METABOLIC CIRCUIT	[17.45] PILATES	[17.30] PUMP		
	[18.00] PILATES	[18.15] METABOLIC CIRCUIT	[18.00] PILATES	[18.15] TOTAL BODY	[18.00] PILATES		
	[18.00] KETTLEBELL	P [18.15] HYDROBIKE	[18.00] KETTLEBELL	P [18.15] HYDROBIKE	[18.00] WT CROSS		
19:00 / 20:00	P [18.15] INDOOR WALK	P [18.15] INDOOR CYCLING	P [18.15] INDOOR WALK	P [18.15] INDOOR CYCLING	P [18.15] INDOOR WALK		
	[18.15] ACQUA FUN	P [18.30] INDOOR WALK	[18.15] ACQUA FUN	P [18.30] INDOOR WALK	[18.15] ACQUA FUN		
	[18.30] METABOLIC CIRCUIT	[18.45] TOTAL BODY	[18.30] PUMP	[18.45] TOTAL BODY	[18.30] TOTAL BODY		
	P [18.30] INDOOR CYCLING		P [18.30] INDOOR CYCLING		P [18.30] INDOOR CYCLING		
20:00 / 22:00	[19.00] PILATES	[19.15] ACQUA FUN	[19.00] YOGA FIT	[19.15] ACQUA FUN	[19.00] YOGA FIT		
	[19.00] FUNCTIONAL TRAIN.	[19.15] PUMP	[19.00] FUNCTIONAL TRAIN.	[19.15] PUMP	[19.00] FUNCTIONAL TRAIN.		
	[19.15] ACQUA POWER	P [19.15] INDOOR CYCLING	[19.15] ACQUA POWER	P [19.15] INDOOR CYCLING	[19.15] ACQUA POWER		
	P [19.15] INDOOR WALK	P [19.30] INDOOR WALK	P [19.15] INDOOR WALK	P [19.30] INDOOR WALK	P [19.15] INDOOR WALK		
	[19.30] TOTAL BODY	P [19.45] PILATES	[19.30] TOTAL BODY	P [19.45] PILATES	[19.30] PUMP		
20:00 / 22:00	P [19.30] INDOOR CYCLING		P [19.30] INDOOR CYCLING		P [19.30] INDOOR CYCLING		
	[20.00] PREPUGILISTICA 60'	P [20.15] HYDROBIKE	[20.00] PREPUGILISTICA 60'	P [20.15] HYDROBIKE	[20.00] PREPUGILISTICA 60'	P [20.00] CORSO A ROTAZIONE	
	[20.00] PILATES	[20.15] STEP	[20.00] POSTURAL TRAIN.	[20.15] STEP	[20.00] POSTURAL TRAIN.		
	[20.15] HYDROBIKE	[21.00] TOTAL BODY	P [20.15] HYDROBIKE	[21.00] TOTAL BODY	P [20.15] HYDROBIKE		

FREE TRAINING
Sala Iso (pesi) & Nuoto Libero:
Dal Lunedì al Venerdì:
h 7.00 - 22.00
Sabato e Domenica:
h 9.00 - 19.30

LEGENDA CATEGORIE

BODY & MIND

ACQUA FITNESS

SPORT & POWER

FITNESS & FUN

FREE TRAINING

Corso a prenotazione
L'orario potrebbe subire variazioni
REV 20191221