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

| FASCE ORARIE | 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. | | |
| | | P [7.30] INDOOR WALK | | P [7.30] INDOOR WALK | | | |
| 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 | | |
| | [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 | 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* | |
| | [11.30] ZUMBA FIT | | [11.30] TOTAL BODY | | [11.30] ZUMBA FIT | [11.30] ACQUA POWER | |
| 12:00 / 13:00 | 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 | |
| | [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 | | |
| | [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 | | | |
| 14:00 / 15:00 | [14.30] ACQUA FUN | P [14.15] HYDROBIKE | [14.30] ACQUA FUN | P [14.15] HYDROBIKE | [14.30] ACQUA FUN | | |
| | [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 | | |
| 15:00 / 16:00 | | [15.30] TOTAL BODY | | [15.30] 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] TOTAL BODY | [17.00] ABC FUNCTIONAL | [17.15] TOTAL BODY | [17.00] FUNCTIONAL TRAIN. | | |
| | 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 / 19:00 | [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 | | |
| | 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 | | |
| 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 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 | | |
| | P [19.30] INDOOR CYCLING | | P [19.30] INDOOR CYCLING | | P [19.30] INDOOR CYCLING | | |
| 20:00 / 22:00 | [20.00] PREPUGILISTICA 60' | P [20.15] HYDROBIKE | [20.00] PREPUGILISTICA 60' | P [20.15] HYDROBIKE | [20.00] PREPUGILISTICA 60' | | |
| | [20.00] PILATES | [20.15] STEP | [20.00] POSTURAL TRAIN. | [20.15] STEP | [20.00] POSTURAL TRAIN. | | |
| | P [20.15] HYDROBIKE | [21.00] TOTAL BODY | P [20.15] HYDROBIKE | [21.00] TOTAL BODY | P [20.15] HYDROBIKE | | |

**OMNIA LOOP**

PROTOCOLLO DI ALLENAMENTO OMNIA by TECHNOGYM

Circuiti di allenamento consecutivi della durata di 30 minuti.
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

ATTENZIONE:
il riscaldamento e il defaticamento/stretching dovranno essere svolti in autonomia utilizzando le postazioni di allenamento della sala isocardio.

**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**

P **Corso a prenotazione**

*L'orario potrebbe subire variazioni*

**REV 20191221**