

FITNESS & FUN



LUNEDI

7:15 - Indoor Walk*
8:15 - Evergreen
9:15 - Indoor Walk*
10:00 - Mo.To
11:15 - Indoor Walk*
13:30 - Indoor Walk
15:50 - Indoor Walk*
17:30 - Indoor Walk
18:20 - Indoor Walk
20:50 - Indoor Walk*

MARTEDI

8:15 - Evergreen
8:15 - Indoor Walk*
10:15 - Indoor Walk*
12:15 - Indoor Walk*
14:50 - Indoor Walk*
16:50 - Indoor Walk*
17:00 - Mo.To
18:00 - Zumba WT
19:20 - Indoor Walk

MERCOLEDI

7:15 - Indoor Walk*
8:15 - Evergreen
9:15 - Indoor Walk*
10:00 - Mo.To
11:15 - Indoor Walk*
13:30 - Indoor Walk
15:50 - Indoor Walk*
18:00 - Indoor Walk
18:30 - Step C.
20:15 - Indoor Walk*

GIOVEDI

8:15 - Evergreen
8:15 - Indoor Walk*
10:15 - Indoor Walk*
10:30 - Mo.To
12:15 - Indoor Walk*
14:50 - Indoor Walk*
17:00 - Mo.To
17:30 - Indoor Walk
18:00 - Zumba WT
18:20 - Indoor Walk
20:50 - Indoor Walk*

VENERDI

7:15 - Indoor Walk*
8:15 - Evergreen
9:15 - Indoor Walk*
10:00 - Mo.To
11:15 - Indoor Walk*
13:30 - Indoor Walk
15:50 - Indoor Walk*
18:00 - Indoor Walk
20:15 - Indoor Walk*

SABATO

10:20 - Indoor Walk*
12:30 - Indoor Walk*
14:50 - Indoor Walk*
17:15 - Indoor Walk*

DOMENICA

9:15 - Indoor Walk*
11:30 - Indoor Walk*
13:40 - Indoor Walk*
16:30 - Indoor Walk*
18:40 - Indoor Walk*

BODY & MIND



LUNEDI

10:30 - Fle. Po.
12:30 - Pilates
17:30 - Pilates Yoga. F.

MARTEDI

7:15 - Postural Pilates
9:15 - Pilates
10:30 - Fle. Po.
14:30 - Pilates
20:00 - Fle. Po.

MERCOLEDI

10:30 - Fle. Po.
12:30 - Pilates
19:30 - Pilates Yoga. F.

GIOVEDI

7:15 - Postural Pilates
9:15 - Pilates
10:30 - Fle. Po.
14:30 - Pilates
19:00 - Fle. Po.

VENERDI

10:30 - Fle. Po.
12:30 - Pilates
19:30 - Pilates Yoga. F.

SABATO

10:30 - Fle. Po.

SPORT & POWER

LUNEDI

7:15 - C. Funzionale
8:15 - Indoor Cycling*
9:15 - Circuit Training
10:15 - Indoor Cycling*
12:15 - Indoor Cycling*
12:50 - Metaboli Burn
13:30 - Total Body
14:50 - Indoor Cycling*
18:30 - Omnia Training
18:30 - Total Body
19:20 - Indoor Cycling
19:30 - Pump
20:00 - C. Funzionale

MARTEDI

7:15 - Indoor Cycling*
9:15 - Indoor Cycling*
9:30 - C. T. Evergreen
10:30 - G.A.G
11:15 - Indoor Cycling*
12:50 - Omnia Training
13:30 - Indoor Cycling
13:30 - Cardio Pump
15:50 - Indoor Cycling*
18:10 - Indoor Cycling
19:00 - Functional. S.
19:00 - Total Body
19:00 - Circuit Elastic
20:00 - Total Body
20:50 - Indoor Cycling*

MERCOLEDI

7:15 - Total Body
8:15 - Indoor Cycling*
9:15 - Omnia Training
10:15 - Indoor Cycling*
12:15 - Indoor Cycling*
12:50 - Metabolic Burn
13:30 - Total Body
14:50 - Indoor Cycling*
16:50 - Indoor Cycling*
17:30 - Total Body
18:30 - Omnia Training
19:00 - Indoor Cycling
19:00 - Pump
20:00 - Prepugilistica
21:10 - Indoor Cycling*

GIOVEDI

7:15 - Indoor Cycling*
9:15 - Indoor Cycling*
9:30 - C. T. Evergreen
11:15 - Indoor Cycling*
12:50 - Omnia Training
13:30 - C. Funzionale
13:30 - Indoor Cycling
15:50 - Indoor Cycling*
19:00 - Functional.S.
19:20 - Indoor Cycling
20:00 - C. Funzionale

VENERDI

7:15 - C. Funzionale
8:15 - Indoor Cycling*
9:15 - Omnia Training
10:15 - Indoor Cycling*
12:15 - Indoor Cycling*
12:50 - Metabolic Burn
13:30 - Total Body
14:50 - Indoor Cycling*
16:50 - Indoor Cycling*
17:30 - Pump
18:30 - Metabolic Burn
18:30 - Total Body
19:00 - Indoor Cycling
20:00 - Prepugilistica
21:10 - Indoor Cycling*

SABATO

9:10 - Indoor Cycling*
11:20 - Indoor Cycling*
11:30 - Total Body
11:30 - Omnia Training
13:30 - Indoor Cycling
16:00 - Indoor Cycling*
18:30 - Indoor Cycling*

DOMENICA

10:15 - Indoor Cycling*
12:30 - Indoor Cycling*
15:00 - Indoor Cycling*
17:30 - Indoor Cycling*

ACQUA FITNESS

LUNEDI

8:00 - Acquagym
9:00 - Hydrobike
10:00 - Acquagym
11:00 - Acquagym
12:15 - Acquagym
13:30 - Acquagym
18:30 - Acquagym
19:20 - Acquagym
20:10 - Hydrobike

MARTEDI

8:00 - Hydrobike
9:00 - Acquagym
10:00 - Acquagym
12:15 - Hydrobike
13:30 - Acquagym
18:30 - Hydrobike
19:20 - Acquagym

MERCOLEDI

8:00 - Acquagym
9:00 - Hydrobike
10:00 - Acquagym
11:00 - Acquagym
12:15 - Acquagym
13:30 - Acquagym
18:30 - Acquagym
19:20 - Acquagym
20:10 - Hydrobike

GIOVEDI

8:00 - Hydrobike
9:00 - Acquagym
10:00 - Acquagym
12:15 - Hydrobike
13:30 - Acquagym
18:30 - Hydrobike
19:20 - Acquagym

VENERDI

8:00 - Acquagym
9:00 - Hydrobike
10:00 - Acquagym
11:00 - Acquagym
12:15 - Acquagym
13:30 - Acquagym
18:30 - Acquagym
19:20 - Acquagym
20:10 - Hydrobike

SABATO

11:30 - Acquagym
12:30 - Hydrobike
13:30 - Acquagym

DOMENICA

11:030 - Acquagym
12:00 - Acquagym