

PLANNING CLASSI FITNESS E ACQUAFITNESS

valido dal 16/09/2024

FASCE ORARIE	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA		
7.00 - 8.00	[7.15] C.FUNZIONALE sala Fuoco	[7.15] PILATES sala Fuoco	[7.15] TOTAL BODY sala Fuoco	[7.15] PILATES sala Fuoco	[7.15] C.FUNZIONALE sala Fuoco	<p>TUTTI I CORSI VANNO PRENOTATI TRAMITE LA TECHNOGYM APP</p> <p>ORARI NUOTO LIBERO: LUN - VEN: 7:00 - 14:30 / 18:30 - 22:00 SAB: 11:30 - 19:30 DOM : 9:00 - 14:30</p> <p>Numero delle corsie disponibili variabile nei differenti orari. Verifica sul nostro sito Web o sulla Technogym app</p> <p>ORARI GYM FLOOR: LUN - VEN: 7:00 - 22:00 SAB - DOM: 9:00 - 19:30</p>			
8.00 - 9.00	[8.00] INDOOR CYCLING sala terra 1	[08.00] HYDROBIKE piscina	[8.00] INDOOR WALK* sala terra 1	[8.00] INDOOR WALK* sala terra 1	[8.00] INDOOR WALK* sala terra 1			[8.00] ACQUAGYM piscina	
	[8.00] ACQUAGYM piscina	[8.15] EVERGREEN sala Fuoco	[8.15] INDOOR CYCLING* sala terra 1	[8.15] EVERGREEN sala Fuoco	[8.15] INDOOR CYCLING* sala terra 1			[8.15] INDOOR WALK* sala terra 1	
	[8.15] INDOOR WALK* sala terra 1	[8.15] INDOOR WALK* sala terra 1	[8.15] INDOOR WALK* sala terra 1	[8.15] INDOOR WALK* sala terra 1	[8.15] INDOOR WALK* sala terra 1			[8.15] INDOOR WALK* sala terra 1	
9.00 - 10.00	[8.30] EVERGREEN sala Fuoco	[8.30] EVERGREEN sala Fuoco	[8.30] EVERGREEN sala Fuoco	[8.30] EVERGREEN sala Fuoco	[8.30] EVERGREEN sala Fuoco			[8.30] EVERGREEN sala Fuoco	
	[09.00] HYDROBIKE piscina	[9.00] PILATES sala aria	[09.00] HYDROBIKE piscina	[9.00] PILATES sala aria	[09.00] HYDROBIKE piscina			[09.00] HYDROBIKE piscina	
	[09.00] ACQUAGYM piscina	[09.00] ACQUAGYM piscina	[09.00] ACQUAGYM piscina	[09.00] ACQUAGYM piscina	[09.00] ACQUAGYM piscina			[09.00] ACQUAGYM piscina	
10.00 - 11.00	[9.15] INDOOR WALK* sala terra 1	[9.15] INDOOR CYCLING* sala terra 1	[9.15] OMNIA CIRCUIT gym floor	[9.15] INDOOR CYCLING* sala terra 1	[9.15] OMNIA CIRCUIT gym floor			[9.15] INDOOR CYCLING* sala terra 1	[9.15] INDOOR WALK* sala terra 1
	[9.15] OMNIA CIRCUIT gym floor	[9.30] PILATES sala aria	[9.30] C.T.WORKOUT sala Fuoco	[9.30] PILATES sala aria	[9.30] C.T.WORKOUT sala Fuoco			[9.30] PILATES sala aria	[9.30] PILATES sala aria
	[10.00] ACQUAGYM piscina	[10.00] GAG sala aria	[10.00] GAG sala aria	[10.00] TONE UP sala aria	[10.00] TONE UP sala aria			[10.00] ACQUAGYM piscina	[10.00] ACQUAGYM piscina
11.00 - 12.00	[10.15] INDOOR CYCLING* sala terra 1	[10.15] INDOOR WALK* sala terra 1	[10.15] INDOOR CYCLING* sala terra 1	[10.15] INDOOR WALK* sala terra 1	[10.15] INDOOR CYCLING* sala terra 1	[10.15] INDOOR WALK* sala terra 1	[10.15] INDOOR CYCLING* sala terra 1		
	[10.30] TONE UP sala Fuoco	[10.30] G. POSTURALE sala aria	[10.30] TONE UP sala Fuoco	[10.30] G. POSTURALE sala aria	[10.30] TONE UP sala Fuoco	[10.30] G. POSTURALE sala aria	[10.30] G. POSTURALE sala aria		
	[10.30] G. POSTURALE sala aria	[10.30] P. STRETCHING sala Fuoco	[10.30] P. STRETCHING sala aria	[10.30] P. STRETCHING sala Fuoco	[10.30] P. STRETCHING sala aria	[10.30] G. POSTURALE sala Fuoco	[10.30] FLE.PO sala Fuoco		
12.00 - 13.00	[11.00] ACQUAGYM piscina	[11.00] ZUMBA WT sala aria	[11.00] ACQUAGYM piscina	[11.00] ZUMBA WT sala aria	[11.00] ACQUAGYM piscina	[11.00] ACQUAGYM piscina	[11.00] ACQUAGYM piscina		
	[11.15] INDOOR WALK* sala terra 1	[11.15] INDOOR CYCLING* sala terra 1	[11.15] INDOOR WALK* sala terra 1	[11.15] INDOOR CYCLING* sala terra 1	[11.15] INDOOR WALK* sala terra 1	[11.15] INDOOR CYCLING* sala terra 1	[11.15] INDOOR WALK* sala terra 1		
	[12.15] ACQUAGYM piscina	[12.15] HYDROBIKE piscina	[12.15] ACQUAGYM piscina	[12.15] HYDROBIKE piscina	[12.15] ACQUAGYM piscina	[12.15] ACQUAGYM piscina	[12.00] ACQUAGYM piscina		
13.00 - 14.00	[12.15] INDOOR CYCLING* sala terra 1	[12.15] INDOOR WALK* sala terra 1	[12.15] INDOOR CYCLING* sala terra 1	[12.15] INDOOR WALK* sala terra 1	[12.15] INDOOR CYCLING* sala terra 1	[12.15] INDOOR WALK* sala terra 1	[12.15] INDOOR CYCLING* sala terra 1		
	[12.30] PILATES sala aria	[12.30] PILATES sala aria	[12.30] PILATES sala aria	[12.30] PILATES sala aria	[12.30] PILATES sala aria	[12.30] HYDROBIKE piscina	[12.30] HYDROBIKE piscina		
	[12.50] OMNIA CIRCUIT gym floor	[12.50] OMNIA CIRCUIT gym floor	[12.50] OMNIA CIRCUIT gym floor	[12.50] OMNIA CIRCUIT gym floor	[12.50] OMNIA CIRCUIT gym floor	[12.50] OMNIA CIRCUIT gym floor	[12.50] OMNIA CIRCUIT gym floor		
14.00 - 15.00	[13.15] INDOOR CYCLING* sala terra 1	[13.15] INDOOR CYCLING* sala terra 1	[13.15] INDOOR CYCLING* sala terra 1	[13.15] INDOOR CYCLING* sala terra 1	[13.15] INDOOR CYCLING* sala terra 1	[13.15] INDOOR CYCLING* sala terra 1	[13.15] INDOOR WALK* sala terra 1		
	[13.20] INDOOR CYCLING sala terra 1	[13.20] INDOOR CYCLING sala terra 1	[13.20] INDOOR WALK sala terra 2	[13.20] INDOOR WALK sala terra 2	[13.20] INDOOR CYCLING sala terra 1	[13.20] INDOOR CYCLING sala terra 1	[13.20] INDOOR CYCLING sala terra 1		
	[13.30] CARDIO PUMP sala Fuoco	[13.30] INTERVAL WORKOUT sala Fuoco	[13.30] PUMP sala Fuoco	[13.30] C.FUNZIONALE sala Fuoco	[13.30] TOTAL BODY sala Fuoco	[13.30] TOTAL BODY sala Fuoco	[13.30] TOTAL BODY sala Fuoco		
15.00 - 16.00	[13.30] INDOOR WALK sala terra 2	[13.30] ACQUAGYM piscina	[13.30] INDOOR CYCLING sala terra 1	[13.30] ACQUA TABATA piscina	[13.30] INDOOR WALK sala terra 2	[13.30] INDOOR CYCLING sala terra 1	[13.30] INDOOR CYCLING sala terra 1		
	[13.30] ACQUA CIRCUIT piscina	[13.30] ACQUAGYM piscina	[13.30] ACQUA TABATA piscina	[13.30] ACQUAGYM piscina	[13.30] HYDROBIKE piscina	[13.30] ACQUAGYM piscina	[13.30] ACQUAGYM piscina		
	[14.15] INDOOR WALK* sala terra 1	[14.15] INDOOR WALK* sala terra 1	[14.15] INDOOR WALK* sala terra 1	[14.15] INDOOR WALK* sala terra 1	[14.15] INDOOR WALK* sala terra 1	[14.15] INDOOR WALK* sala terra 1	[14.15] INDOOR WALK* sala terra 1		
16.00 - 17.00	[14.45] INDOOR WALK* sala terra 1	[14.45] INDOOR WALK* sala terra 1	[14.45] INDOOR WALK* sala terra 1	[14.45] INDOOR WALK* sala terra 1	[14.45] INDOOR WALK* sala terra 1	[14.45] INDOOR WALK* sala terra 1	[14.45] INDOOR WALK* sala terra 1		
	[15.15] INDOOR CYCLING* sala terra 1	[15.15] INDOOR CYCLING* sala terra 1	[15.15] INDOOR CYCLING* sala terra 1	[15.15] INDOOR CYCLING* sala terra 1	[15.15] INDOOR CYCLING* sala terra 1	[15.15] INDOOR CYCLING* sala terra 1	[15.15] INDOOR WALK* sala terra 1		
	[15.45] INDOOR CYCLING* sala terra 1	[15.45] INDOOR CYCLING* sala terra 1	[15.45] INDOOR CYCLING* sala terra 1	[15.45] INDOOR CYCLING* sala terra 1	[15.45] INDOOR CYCLING* sala terra 1	[15.45] INDOOR CYCLING* sala terra 1	[15.45] INDOOR CYCLING* sala terra 1		
17.00 - 18.00	[16.15] INDOOR WALK* sala terra 1	[16.15] INDOOR WALK* sala terra 1	[16.15] INDOOR WALK* sala terra 1	[16.15] INDOOR WALK* sala terra 1	[16.15] INDOOR WALK* sala terra 1	[16.15] INDOOR WALK* sala terra 1	[16.15] INDOOR WALK* sala terra 1		
	[16.45] INDOOR WALK* sala terra 1	[16.45] INDOOR WALK* sala terra 1	[16.45] INDOOR WALK* sala terra 1	[16.45] INDOOR WALK* sala terra 1	[16.45] INDOOR WALK* sala terra 1	[16.45] INDOOR WALK* sala terra 1	[16.45] INDOOR WALK* sala terra 1		
	[17.00] PILATES sala aria	[17.00] TONE UP sala Fuoco	[17.00] PILATES sala aria	[17.00] TONE UP sala Fuoco	[17.00] PILATES sala aria	[17.00] PILATES sala aria	[17.00] PILATES sala aria		
18.00 - 19.00	[17.30] C. FUNZIONALE sala Fuoco	[17.15] INDOOR CYCLING* sala terra 1	[17.30] D. CONDITIONING sala Fuoco	[17.15] INDOOR CYCLING* sala terra 1	[17.30] PUMP sala Fuoco	[17.30] PUMP sala Fuoco	[17.30] PUMP sala Fuoco		
	[17.30] INDOOR WALK sala terra 2	[17.30] INDOOR WALK sala terra 2	[17.30] INDOOR WALK sala terra 2	[17.30] INDOOR WALK sala terra 2	[17.30] INDOOR WALK sala terra 2	[17.30] INDOOR WALK sala terra 2	[17.30] INDOOR WALK sala terra 2		
	[17.30] INDOOR WALK sala terra 1	[17.30] INDOOR WALK sala terra 1	[17.30] INDOOR WALK sala terra 1	[17.30] INDOOR WALK sala terra 1	[17.30] INDOOR WALK sala terra 1	[17.30] INDOOR WALK sala terra 1	[17.30] INDOOR WALK sala terra 1		
19.00 - 20.00	[18.00] INDOOR CYCLING sala terra 1	[18.00] OMNIA CIRCUIT gym floor	[18.00] ZUMBA WT sala aria	[18.00] OMNIA CIRCUIT gym floor	[18.00] ZUMBA WT sala aria	[18.00] ZUMBA WT sala aria	[18.00] ZUMBA WT sala aria		
	[18.30] INTERVAL WORKOUT sala Fuoco	[18.30] STEP.C sala aria	[18.15] INDOOR CYCLING sala terra 1	[18.30] GAG sala aria	[18.30] INTERVAL WORKOUT sala Fuoco	[18.30] INTERVAL WORKOUT sala Fuoco	[18.30] INTERVAL WORKOUT sala Fuoco		
	[18.30] INDOOR WALK sala terra 2	[18.30] INDOOR CYCLING sala terra 1	[18.20] INDOOR WALK sala terra 2	[18.30] INDOOR CYCLING sala terra 1	[18.30] INDOOR CYCLING sala terra 1	[18.30] INDOOR CYCLING sala terra 1	[18.30] INDOOR CYCLING sala terra 1		
20.00 - 21.00	[18.30] G. POSTURALE sala aria	[18.30] MOBILITY FLOW sala Fuoco	[18.30] MOBILITY FLOW sala Fuoco	[18.30] MOBILITY FLOW sala Fuoco	[18.30] MOBILITY FLOW sala Fuoco	[18.30] MOBILITY FLOW sala Fuoco	[18.30] MOBILITY FLOW sala Fuoco		
	[18.30] ACQUAGYM piscina	[18.30] HYDROBIKE piscina	[18.30] ACQUAGYM piscina	[18.30] HYDROBIKE piscina	[18.30] ACQUAGYM piscina	[18.30] ACQUAGYM piscina	[18.30] ACQUAGYM piscina		
	[18.45] INDOOR WALK* sala terra 1	[18.45] INDOOR WALK* sala terra 1	[18.45] INDOOR WALK* sala terra 1	[18.45] INDOOR WALK* sala terra 1	[18.45] INDOOR WALK* sala terra 1	[18.45] INDOOR WALK* sala terra 1	[18.45] INDOOR WALK* sala terra 1		
21.00 - 22.00	[19.00] INDOOR CYCLING sala terra 1	[19.00] TOTAL BODY sala Fuoco	[19.00] OMNIA CIRCUIT gym floor	[19.00] C. FUNZIONALE sala Fuoco	[19.00] OMNIA CIRCUIT gym floor	[19.00] OMNIA CIRCUIT gym floor	[19.00] OMNIA CIRCUIT gym floor		
	[19.20] ACQUAGYM piscina	[19.20] ACQUAGYM piscina	[19.00] C. MULTIPOWER sala aria	[19.20] ACQUA CIRCUIT piscina	[19.00] ELASTIC WORKOUT sala aria	[19.20] ACQUA TABATA piscina	[19.00] ELASTIC WORKOUT sala aria		
	[19.30] PUMP sala Fuoco	[19.30] PUMP sala Fuoco	[19.15] INDOOR CYCLING sala terra 1	[19.30] PUMP sala Fuoco	[19.30] MOBILITY FLOW sala Fuoco	[19.30] MOBILITY FLOW sala Fuoco	[19.30] MOBILITY FLOW sala Fuoco		
20.00 - 21.00	[19.30] OMNIA CIRCUIT gym floor	[19.30] OMNIA CIRCUIT gym floor	[19.30] OMNIA CIRCUIT gym floor	[19.30] OMNIA CIRCUIT gym floor	[19.30] OMNIA CIRCUIT gym floor	[19.30] OMNIA CIRCUIT gym floor	[19.30] OMNIA CIRCUIT gym floor		
	[20.00] UPPER BODY sala aria	[20.00] GAG sala aria	[20.00] FIT BOXE sala aria	[20.00] G. POSTURALE sala Fuoco	[20.00] FIT BOXE sala aria	[20.00] FIT BOXE sala aria	[20.00] FIT BOXE sala aria		
	[20.10] HYDROBIKE piscina	[20.10] HYDROBIKE piscina	[20.10] HYDROBIKE piscina	[20.10] HYDROBIKE piscina	[20.10] HYDROBIKE piscina	[20.10] HYDROBIKE piscina	[20.10] HYDROBIKE piscina		
21.00 - 22.00	[20.15] INDOOR CYCLING* sala terra 1	[20.15] INDOOR CYCLING* sala terra 1	[20.15] INDOOR CYCLING* sala terra 1	[20.15] INDOOR CYCLING* sala terra 1	[20.15] INDOOR CYCLING* sala terra 1	[20.15] INDOOR CYCLING* sala terra 1	[20.15] INDOOR CYCLING* sala terra 1		
	[20.45] INDOOR WALK* sala terra 1	[20.45] INDOOR WALK* sala terra 1	[20.45] INDOOR WALK* sala terra 1	[20.45] INDOOR WALK* sala terra 1	[20.45] INDOOR WALK* sala terra 1	[20.45] INDOOR WALK* sala terra 1	[20.45] INDOOR WALK* sala terra 1		
	[21.15] INDOOR WALK* sala terra 1	[21.15] INDOOR WALK* sala terra 1	[21.15] INDOOR WALK* sala terra 1	[21.15] INDOOR WALK* sala terra 1	[21.15] INDOOR WALK* sala terra 1	[21.15] INDOOR WALK* sala terra 1	[21.15] INDOOR WALK* sala terra 1		

LEGENDA:

- BODY & MIND:**
Se vuoi allenarti rilassandoti
- ACQUA FITNESS:**
Se vuoi allenarti a contatto con l'acqua
- SPORT & POWER:**
Se vuoi allenarti duramente
- FITNESS & FUN:**
Se vuoi allenarti divertendoti

SONO INDICATE CON UN ASTERISCO * LE LEZIONI SVOLTE DAL VIRTUAL TRAINER

L'ORARIO DELLE LEZIONI POTREBBERO SUBIRE VARIAZIONI CHE VERRANNO COMUNICATE ENTRO 7 GIORNI PRIMA