

FASCE ORARIE	PLANNING CLASSI FITNESS E ACQUAFITNESS													
	valido dal 15/09/2025 **													
		LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO		DOMENICA
7.00 8.00		[7.00] YOGA DEL RISVEGLIO sala yoga		[7.15] HYROX gym floor		[7.15] TOTAL BODY CIRCUIT sala aria		[7.00] YIN YOGA sala yoga		[7.15] C. FUNZIONALE gym floor		TUTTI I CORSI VANNO PRENOTATI TRAMITE LA TECHNOGYM APP ORARI NUOTO LIBERO: LUN - VEN: 7:00 -14:30/18:30 - 21:00 SAB : 11:30 - 19:30 DOM : 09:00 - 14:30 Numero delle corsie disponibili variabile nei differenti orari. Verifica sul nostro sito web o sulla Technogym App ORARI GYM FLOOR: LUN - VEN: 7:00 - 22:00 SAB - DOM: 9:00 - 19:30		
		[7.15] C. FUNZIONALE gym floor		[7.15] PILATES sala aria		[7.15] I. WALK* sala terra 2		[7.15] HYROX gym floor		[7.15] I. WALK* sala terra 2				
		[7.15] I. WALK* sala terra 2		[7.15] I. CYCLING* sala terra 2				[7.15] PILATES sala aria						
								[7.15] I. CYCLING* sala terra 2						
	8.00 9.00		[08.00] ACQUAGYM piscina		[8.00] HYDROGYM piscina		[08.00] ACQUAGYM piscina		[8.00] HYDROGYM piscina		[08.00] ACQUAGYM piscina			
		[8.15] I. CYCLING* sala terra 2		[8.15] EVERGREEN sala aria		[8.15] I. CYCLING* sala terra 2		[8.15] EVERGREEN sala aria		[8.15] I. CYCLING* sala terra 2				
				[8.15] I. WALK* sala terra 2				[8.15] I. WALK* sala terra 2						
		[8.30] EVERGREEN sala aria				[8.30] EVERGREEN sala aria				[8.30] EVERGREEN sala aria				
9.00 10.00			[9.00] HYDROBIKE piscina		[09.00] ACQUAGYM piscina		[9.00] HYDROBIKE piscina		[09.00] ACQUAGYM piscina		[9.00] HYDROBIKE piscina			
		[9.15] I. WALK* sala terra 2		[9.15] PILATES sala aria		[9.15] I. WALK* sala terra 2		[9.15] PILATES sala aria		[9.15] I. WALK* sala terra 2				
		[9.15] OMNIA CIRCUIT gym floor		[9.15] I. CYCLING* sala terra 2		[9.15] OMNIA CIRCUIT gym floor		[9.15] I. CYCLING* sala terra 2		[9.15] OMNIA CIRCUIT gym floor				
		[9.30] TONE UP sala aria		[9.30] ASTHANGA YOGA sala yoga		[9.30] HATHA YOGA sala yoga		[9.30] ASTHANGA YOGA sala yoga		[9.30] HATHA YOGA sala yoga				
		[9.30] HATHA YOGA sala yoga				[9.30] PILATES sala aria				[9.30] TONE UP sala aria				
10.00 11.00		[10.00] ACQUAGYM piscina		[10.00] ACQUA CIRCUIT piscina		[10.00] ACQUAGYM piscina		[10.00] ACQUATABATA piscina		[10.00] ACQUAGYM piscina				
		[10.15] I. CYCLING* sala terra 2		[10.15] C. T. WORKOUT sala aria		[10.15] I. CYCLING* sala terra 2		[10.15] C. T. WORKOUT sala aria		[10.15] I. CYCLING* sala terra 2				
		[10.30] G. POSTURALE sala sole		[10.15] I. WALK* sala terra 2		[10.30] G. POSTURALE sala sole		[10.15] I. WALK* sala terra 2		[10.30] G. POSTURALE sala sole				
		[10.30] PILATES sala aria		[10.30] P. STRETCHING sala sole				[10.30] P. STRETCHING sala sole		[10.30] PILATES sala aria				
	11.00 12.00		[11.00] ACQUAGYM piscina				[11.00] ACQUAGYM piscina				[11.00] ACQUAGYM piscina			
						[11.00] YOGA DOLCE sala yoga								
		[11.15] I. WALK* sala terra 2		[11.15] ZUMBA WT sala aria		[11.00] TONE UP sala aria		[11.15] ZUMBA WT sala aria		[11.15] I. WALK* sala terra 2				
		[11.30] C. T. WORKOUT sala aria		[11.15] I. CYCLING* sala terra 2		[11.15] I. WALK* sala terra 2		[11.15] I. CYCLING* sala terra 2		[11.30] C. T. WORKOUT sala aria				
		[12.15] I. CYCLING* sala terra 2		[12.15] I. WALK* sala terra 2		[12.15] I. CYCLING* sala terra 2		[12.15] I. WALK* sala terra 2		[12.15] I. CYCLING* sala terra 2				
12.00 13.00		[12.30] PILATES sala aria				[12.30] PILATES sala aria				[12.30] PILATES sala aria				
		[12.30] ACQUAGYM piscina		[12.30] HYDROBIKE piscina		[12.30] ACQUAGYM piscina		[12.30] HYDROBIKE piscina		[12.30] ACQUAGYM 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				
	 <td>[13.00] VINYASA YOGA sala yoga</td> <td></td> <td>[13.00] POWER YOGA sala yoga</td> <td></td> <td></td> <td></td> <td>[13.00] VINYASA YOGA sala yoga</td> <td></td> <td>[13.00] HATHA YOGA sala yoga</td> <td></td>	[13.00] VINYASA YOGA sala yoga		[13.00] POWER YOGA sala yoga				[13.00] VINYASA YOGA sala yoga		[13.00] HATHA YOGA sala yoga				
		[13.30] I. WALK sala terra 2		[13.30] I. CYCLING sala terra 2		[13.30] I. WALK sala terra 2		[13.30] I. CYCLING sala terra 2		[13.30] I. WALK sala terra 2				
13.00 14.00		[13.30] ACQUA TABATA piscina		[13.30] ACQUAGYM piscina		[13.30] HYDROGYM piscina		[13.30] ACQUAGYM piscina		[13.30] ACQUA CIRCUIT piscina				
		[13.30] TOTAL BODY sala aria		[13.30] FITBOXE gym floor		[13.30] PUMP sala sole		[13.30] HIIT sala aria		[13.30] FITBOXE gym floor				
		[14.30] I. CYCLING* sala terra 2		[14.30] I. WALK* sala terra 2		[14.30] I. CYCLING* sala terra 2		[14.30] I. WALK* sala terra 2		[14.30] I. CYCLING* sala terra 2				
				[14.30] PILATES sala aria				[14.30] PILATES sala aria						
		[15.30] I. WALK* sala terra 2		[15.30] I. CYCLING* sala terra 2		[15.30] I. WALK* sala terra 2		[15.30] I. CYCLING* sala terra 2		[15.30] I. WALK* sala terra 2				
14.00 15.00				[16.00] CALISTHENICS YOUNG gym floor				[16.00] CALISTHENICS YOUNG gym floor						
		[16.30] I. CYCLING* sala terra 2		[16.30] I. WALK* sala terra 2		[16.30] I. CYCLING* sala terra 2		[16.30] I. WALK* sala terra 2		[16.30] I. CYCLING* sala terra 2				
	 <td>[17.00] PILATES sala aria</td> <td></td> <td></td> <td></td> <td>[17.00] PILATES sala aria</td> <td></td> <td></td> <td></td> <td>[17.00] PILATES sala aria</td> <td></td>	[17.00] PILATES sala aria				[17.00] PILATES sala aria				[17.00] PILATES sala aria				
		[17.30] C. FUNZIONALE sala sole		[17.30] TONE UP sala sole		[17.30] TOTAL BODY sala sole		[17.30] TONE UP sala sole		[17.00] C. FEMMINILE gym floor				
		[17.30] I. WALK sala terra 2		[17.30] I. CYCLING* sala terra 2		[17.30] I. WALK sala terra 2				[17.30] I. WALK sala terra 2				
15.00 16.00										[17.30] PUMP sala sole				
	 <td>[18.15] ZUMBA WT sala aria</td> <td></td> <td>[18.00] CALISTHENICS gym floor</td> <td></td> <td>[18.00] C. FEMMINILE gym floor</td> <td></td> <td>[18.00] CALISTHENICS gym floor</td> <td></td> <td>[18.30] TOTAL BODY sala sole</td> <td></td>	[18.15] ZUMBA WT sala aria		[18.00] CALISTHENICS gym floor		[18.00] C. FEMMINILE gym floor		[18.00] CALISTHENICS gym floor		[18.30] TOTAL BODY sala sole				
		[18.20] I. CYCLING sala terra 1		[18.00] I. WALK sala terra 2		[18.15] ZUMBA WT sala aria		[18.00] I. CYCLING sala terra 2		[18.30] ACQUAGYM piscina				
		[18.30] VINYASA YOGA sala yoga		[18.30] STEP COREO sala aria		[18.20] I. WALK sala terra 2		[18.30] BURNING GAG sala sole		[18.30] HATHA YOGA sala yoga				
		[18.30] ACQUAGYM piscina		[18.30] HATHA YOGA sala yoga		[18.30] HATHA YOGA sala yoga		[18.30] VINYASA YOGA sala yoga		[18.30] OMNIA CIRCUIT gym floor				
16.00 17.00		[18.30] TOTAL BODY sala sole		[18.30] HYDROBIKE piscina		[18.30] ACQUAGYM piscina		[18.30] HYDROBIKE piscina		[18.30] I. CYCLING sala terra 2				
				[18.50] I. CYCLING sala terra 1		[18.30] MOBILITY FLOW sala sole		[18.50] I. WALK sala terra 2						
	 <td>[19.00] HYROX gym floor</td> <td></td> <td></td> <td></td> <td>[19.00] HYROX gym floor</td> <td></td> <td></td> <td></td> <td></td> <td></td>	[19.00] HYROX gym floor				[19.00] HYROX gym floor								
		[19.10] I. WALK sala terra 2		[19.00] MET sala sole		[19.10] I. CYCLING sala terra 2		[19.00] C. FUNZIONALE gym floor		[19.20] ACQUA TABATA piscina				
	 <td>[19.20] ACQUAGYM piscina</td> <td></td> <td>[19.20] ACQUA ZUMBA piscina</td> <td></td> <td>[19.15] ELASTIC CIRCUIT sala aria</td> <td></td> <td>[19.20] ACQUA ZUMBA piscina</td> <td></td> <td>[19.30] FITBOXE gym floor</td> <td></td>	[19.20] ACQUAGYM piscina		[19.20] ACQUA ZUMBA piscina		[19.15] ELASTIC CIRCUIT sala aria		[19.20] ACQUA ZUMBA piscina		[19.30] FITBOXE gym floor				
17.00 18.00	 <td>[18.30] MOBILITY FLOW sala aria</td> <td></td> <td>[19.30] FITBOXE gym floor</td> <td></td> <td>piscina</td> <td></td> <td></td> <td></td> <td>[19.30] MOBILITY FLOW sala sole</td> <td></td>	[18.30] MOBILITY FLOW sala aria		[19.30] FITBOXE gym floor		piscina				[19.30] MOBILITY FLOW sala sole				
		[19.30] PUMP sala sole				[19.30] PUMP sala sole				[19.45] I. WALK* sala terra 2				
	 <td>[19.45] VINYASA YOGA sala yoga</td> <td></td> <td>[19.45] POWER YOGA sala yoga</td> <td></td> <td>[19.45] POWER YOGA sala yoga</td> <td></td> <td>[19.45] HATHA YOGA sala yoga</td> <td></td> <td>[19.45] POWER YOGA sala yoga</td> <td></td>	[19.45] VINYASA YOGA sala yoga		[19.45] POWER YOGA sala yoga		[19.45] POWER YOGA sala yoga		[19.45] HATHA YOGA sala yoga		[19.45] POWER YOGA sala yoga				
	18.00 19.00				[20.00] GAG sala sole				[20.00] TOTAL BODY sala sole					
		 <td>[20.10] HYDROGYM piscina</td> <td></td> <td>[20.00] I. WALK* sala terra 2</td> <td></td> <td>[20.10] HYDROBIKE piscina</td> <td></td> <td>[20.00] I. CYCLING* sala terra 2</td> <td></td> <td>[20.10] HYDROBIKE piscina</td> <td></td>	[20.10] HYDROGYM piscina		[20.00] I. WALK* sala terra 2		[20.10] HYDROBIKE piscina		[20.00] I. CYCLING* sala terra 2		[20.10] HYDROBIKE piscina			
		[20.20] I. CYCLING* sala terra 2		[20.10] G. POSTURALE sala fuoco		[20.20] I. WALK* sala terra 2		[20.10] G. POSTURALE sala fuoco		[20.45] I. CYCLING* sala terra 2				
 <td>[21.20] I. WALK* sala terra 2</td> <td></td> <td>[21.00] I. CYCLING* sala terra 2</td> <td></td> <td>[21.20] I. CYCLING* sala terra 2</td> <td></td> <td>[21.00] I. WALK* sala terra 2</td> <td></td> <td></td> <td></td>		[21.20] I. WALK* sala terra 2		[21.00] I. CYCLING* sala terra 2		[21.20] I. CYCLING* sala terra 2		[21.00] I. WALK* sala terra 2						
19.00 20.00												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  YOGA: Se vuoi allenarti ritrovando l'equilibrio		
20.00 21.00														
21.00 22.00														
** La Direzione si riserva la facoltà di modificare il planning orario in un qualsiasi momento, la comunicazione avverrà entro 7 giorni dalla modifica.														