

LUNEDÌ

SALA 1

PILATES 9.30-10.15
BURNING GAG 17.10-17.55
ZUMBA 18.00-18.50
CROSS HIIT 19.00-19.40

SALA 2

GROUP TRAINING PLUS * 9.30-10.15
FUNCTIONAL TRAINING 12.45-13.30
TRX 16.30-17.10
KETTLEBELL 17.20-18.00
TRX 18.10-18.50

PISCINA GRANDE

ACQUAGYM SOFT 10.30-11.15

PISCINA PICCOLA

AQUABIKE 19.00-19.45

WELLNESS

AUFGUSS * 18.15-18.30

AUFGUSS * 19.00-19.15

SALA INDOOR CYCLING

INDOOR CYCLING 12.45-13.35

INDOOR CYCLING 18.00-18.50

MARTEDÌ

SALA 1

TOTAL BODY 9.30-10.15
POSTURALE 10.30-11.15
POWER PILATES 12.45-13.30
STEP&TONE 17.15-18.00
CIRCUIT TRAINING 18.10-18.55

PISCINA GRANDE

ACQUA CIRCUIT 18.20-19.05

WELLNESS

AUFGUSS * 18.15-18.30

AUFGUSS * 19.00-19.15

SALA INDOOR CYCLING

SPINNING 18.00-19.00

MERCOLEDÌ

SALA 1

POSTURALE 9.45-10.30
POWER BOUND 17.30-18.15 dal 15/11
HIIT 18.30-19.15

SALA 2

TRX 9.00-9.40
TRX 9.50-10.30
FUNCTIONAL TRAINING 17.30-18.15

PISCINA PICCOLA

AQUABIKE 12.45-13.30

AQUABIKE 17.30-18.15

SALA INDOOR CYCLING

INDOOR CYCLING 18.30-19.20

SPINNING 19.30-20.30

GIOVEDÌ

SALA 1

SMOVEY 9.30-10.15
TOTAL BODY 12.45-13.30
BODY SCULPT 17.20-18.05
CROSS HIIT 18.10-18.50

SALA 2

GROUP TRAINING PLUS * 9.30-10.15
TRX 16.30-17.10
KETTLEBELL 17.20-18.00
TRX 19.00-19.40

PISCINA GRANDE

ACQUAGYM SOFT 10.30-11.15

ACQUAGYM 18.20-19.05

WELLNESS

AUFGUSS * 18.15-18.30

AUFGUSS * 19.00-19.15

SALA INDOOR CYCLING

INDOOR CYCLING 18.00-18.50

VENERDÌ

SALA 1

PILATES 9.30-10.15
GROUP TRAINING PLUS * 12.45-13.30 Sala Technogym
POWER PILATES 17.00-17.45

PISCINA GRANDE

AQUAGYM SOFT 10.30-11.15

ACQUA CIRCUIT 18.15-19.00

PISCINA PICCOLA

ACQUABIKE 17.20-18.05

SABATO

SALA 1

CROSS HIIT 9.50-10.30

SALA 2

TRX 9.00-9.40
TRX 10.40-11.20

SALA INDOOR CYCLING

GROUP CYCLING 10.30-11.20
