

LUNEDÌ

SALA 1

PILATES
9.30 - 10.15

RUN&TONE
17:15-18:00

ZUMBA
18:05-18:50

CROSS - HIIT
19.05 - 19.50

SALA 2

**FUNCTIONAL TRAINING
BEGINNER**
17.15 - 18.00

TRX
18:10-18:55

PISCINA GRANDE

ACQUAGYM SOFT
10.30 - 11.15

PISCINA PICCOLA

ACQUABIKE
19.00 - 19.45

SALA CYCLING

INDOOR CYCLING
12.45 - 13.35

INDOOR CYCLING
18.00 - 18.50

WELLNESS dal 07/10

AUFGUSS
18.30 - 18.45

AUFGUSS
19.15 - 19.30

MARTEDÌ

SALA 1

TOTAL BODY
9.30 - 10.15

STEP&TONE
17.30 - 18.15

SALA PESI

GROUP TRAINING PLUS
10.30 - 11.15

SALA 2

FUNCTIONAL CIRCUIT
12.45 - 13.30

HATHA YOGA
18:20-19:10

PISCINA GRANDE

ACQUAGYM
18.30 - 19.15

SALA CYCLING

**CYCLING CIRCUIT
TRAINING***
18.30 - 19.15

*dal 01/10

SPINNING
19:20-20:20

MERCOLEDÌ

SALA 1

SMOVEY
9.45 - 10.30

PILATES PLUS
12:45-13:30

TOTAL BODY
17.30 - 18.15

SALA 2

TRX
9.00 - 9.45

**FUNCTIONAL TRAINING
ADVANCE**
18.00 - 18.45

PISCINA GRANDE

ACQUAGYM SOFT
10.45 - 11.30

PISCINA PICCOLA

ACQUABIKE
12.45 - 13.30

ACQUABIKE
17.30 - 18.15

SALA CYCLING

INDOOR CYCLING
18.30 - 19.15

SPINNING
19:20-20:20

GIOVEDÌ

SALA 1

POSTURALE
09:30-10:15

CROSS - HIIT
17.55 - 18.40

SALA 2

KETTLEBELL
17.00 - 17.45

CORE&STRETCH
17.55 - 18.40

TRX
18.50 - 19.55

PISCINA GRANDE

ACQUAGYM
10.30 - 11.15

ACQUACIRCUIT
18.00 - 18.45

PISCINA PICCOLA

ACQUABIKE
19.00 - 19.45

SALA CYCLING

INDOOR CYCLING
12.45 - 13.30

INDOOR CYCLING
18.00 - 18.50

WELLNESS dal 07/10

AUFGUSS
18.00 - 18.15

AUFGUSS
18.45 - 19.00

VENERDÌ

SALA 1

PILATES
9.30 - 10.15

FUNCTIONAL CIRCUIT
12.45 - 13.30

POWER PILATES
17.00 - 17.45

SALA 2

POWER PILATES
12.45 - 13.30

PISCINA GRANDE

ACQUAGYM SOFT
10.30 - 11.15

PISCINA PICCOLA

ACQUABIKE
17.45 - 18.30

SABATO

SALA 2

TRX
9.00 - 9.45

SALA CYCLING

INDOOR CYCLING
10.30 - 11.20

PLANNING CORSUALE

CHIARA

FABIO

ALESSIA S.

MICHELA

MAX

ALESSIA E.

BARBARA

ROBERTO

DANIELA

PAOLO

SABRINA