

# PLANNING CORSI



## LUNEDÌ

### SALA 1

9:30 PILATES  
17:30 FUNCTIONAL CIRCUIT  
18:20 ZUMBA

### SALA 2

9:30 FUNCTIONAL CIRCUIT  
16:45 KETTLEBELL ★  
17:45 TRX  
18:45 CROSS-HIT

### PISCINA

10:30 ACQUAGYM SOFT  
19:00 ACQUABIKE ★

### SALA CYCLING

12:45 INDOOR CYCLING  
18:00 INDOOR CYCLING ★

### WELLNESS

19:00 AUFGUSS ★

## MARTEDÌ

### SALA 1

9:30 TOTAL BODY  
10:30 POSTURALE  
17:30 STEP&STONE

### SALA 2

12:45 FUNCTIONAL CIRCUIT  
18:20 HATHA YOGA

### PISCINA

18:30 ACQUAGYM

### SALA CYCLING

18:15 CYCLING CIRCUIT ★

## MERCOLEDÌ

### SALA 1

9:45 SMOVEY ★  
17:30 TOTAL BODY

### SALA 2

9:00 TRX  
10:45 PILATES  
12:45 PILATES PLUS ★  
17:45 FUNCTIONAL TRAINING

### PISCINA

10:45 ACQUAGYM  
12:45 ACQUABIKE  
17:30 ACQUABIKE ★

### SALA CYCLING

18:30 INDOOR CYCLING ★

### WELLNESS

18:30 AUFGUSS ★

## GIOVEDÌ

### SALA 1 - GYM\*

\*GYM FLOOR TECHNOGYM  
09:30 GROUP TRAINING PLUS ★  
17:30 ABS&GLUTE

### SALA 2

16:45 TRX  
17:45 CROSS-HIT  
18:45 TRX

### PISCINA

9:30 ACQUABIKE MORNING ★  
10:30 ACQUAGYM  
18:30 ACQUASTEP ★  
19:00 ACQUABIKE ★

### SALA CYCLING

12:45 INDOOR CYCLING  
18:00 INDOOR CYCLING ★

### WELLNESS

19:00 AUFGUSS ★

## VENERDÌ

### SALA 1

9:30 PILATES

### SALA 2

12:45 POWER PILATES  
17:00 POWER PILATES

### PISCINA

10:30 ACQUAGYM SOFT  
17:45 ACQUABIKE ★

## SABATO

### SALA 2

9:00 TRX

### SALA CYCLING

10:30 INDOOR CYCLING ★

PRENOTA SULL'APP  
WELLNESS IN CLOUD



## TRAINER

CHIARA - BARBARA - MAX - FABIO - ALESSIA E.  
ALESSIA S. - DANIELA - PEDRO - SABRINA -  
FELIX - SILVIA - MI CHELA