

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	WEEKEND
07:00-08:00	08:00 Gym Floor Circuit 08:00 Risveglio Muscolare	07:00 Group Cycling 07:30 Calisthenic 07:45 Pilates Mat&Props	07:30 Hatha Yoga 08:00 Gym Floor Circuit 08:00 Risveglio Muscolare 08:45 Hatha Yoga	07:30 Calisthenic 07:45 Pilates Mat&Props	07:00 Group Cycling 07:30 Hatha Yoga 08:00 Gym Floor Circuit 08:45 Hatha Yoga	SABATO 09:00 Gym Floor Circuit 09:15 Pilates Mat&Props 10:00 Pilates Mat&Props 11:00 Cross Training 11:00 Revoring 15:00 Gym Floor Circuit
09:00	Metabolic Circuit Burning Dance Tai Chi Base	Pilates Mat&Props Ginnastica Vertebrale Gym Floor Circuit 09:15 Focus Abs	Ginnastica Posturale Burning Dance GAG	Pilates Mat&Props Ginnastica Vertebrale Gym Floor Circuit 09:15 Focus Booty	Ginnastica Posturale Ginnastica Vertebrale Cycling Silver	DOMENICA 10:00 Gym Floor Circuit 10:00 Group Cycling
10:00	Ginnastica Posturale Ginnastica Vertebrale Gym Floor Circuit	Body Tone Burning Dance Ginnastica Posturale	Tai Chi Base Pilates Barre Ginnastica Vertebrale Gym Floor Circuit	Body Tone Burning Dance Ginnastica Posturale	Pilates Mat&Props Gym Floor Circuit	
11:00-12:00	11:00 Bodyweight 12:00 Ginnastica Posturale	12:00 Mobility & Stretching	11:00 Revoring 11:00 Tai Chi Avanzato			
13:00	Pilates Barre GAG Calisthenic 13:50 Danza Classica Open	Group Cycling Focus Booty Hatha Yoga Bodyweight Cross Training	12:45 Calisthenic Pilates Mat&Props Metabolic Circuit Focus Abs 13:30 Calisthenic	Bodyweight Group Cycling Ginnastica Posturale Cross Training Upper Body	Pilates Mat&Props Burning Dance Circuit Training Calisthenic Hatha Yoga Difesa Personale	Id Coni BI001 Id Coni AA001 Id Coni AX010 Id Coni BC002 Id Coni BC003 Id Coni BC006 Id Coni BC011 Id Coni BO001 Id Coni CM004 Id Coni DX001 Id Coni CK009
14:00-15:00	14:00 Pilates Mat&Props 14:00 Ginnastica Vertebrale 14:00 Circuit Training	14:00 Ginnastica Posturale 15:00 Hatha Yoga	14:00 Circuit Training 14:00 Ginnastica Vertebrale	14:00 Pilates Mat&Props 15:00 Yin Yoga	14:00 Mobility & Stretching 14:00 Revoring	
16:00	16:30 Gym Floor Circuit 16:30 Pilates Mat&Props 16:45 Body Tone	16:45 Revoring	16:30 Gym Floor Circuit 16:45 Body Tone	16:30 Gym Floor Circuit 16:45 Vinyasa Yoga		
17:00	Gym Floor Circuit 17:30 Pilates Mat&Props 17:30 Group Cycling	Gym Floor Circuit 17:30 GAG 17:45 Hatha Yoga 17:45 Pilates Mat&Props	17:30 Pilates Mat&Props 17:45 Metabolic Circuit 17:45 Ginnastica Posturale	17:45 Circuit Training	Pilates Mat&Props Gym Floor Circuit 17:15 Verticali	
18:00	Cross Training Zumba 18:15 Revoring 18:45 Tai Chi Avanzato	Calisthenic 18:30 Cross Boxe 18:30 Step Dance 18:45 Tai Chi Base	18:15 Revoring 18:30 Zumba 18:30 Mobility & Stretching	Calisthenic Pilates Mat&Props 18:30 Cross Boxe 18:45 Tai Chi Avanzato	Pilates Barre Group Cycling Body Tone Calisthenic Hatha Yoga 18:45 Metabolic Circuit	
19:00	Cross Training Group Cycling Bodyweight Reggaeton 19:15 Difesa Personale 19:30 Bodyweight 19:45 Verticali 19:45 Hip Hop Open	Calisthenic Pilates Mat&Props 19:15 Step Tono 19:30 Cross Boxe 19:30 Aikido Open 19:30 Special Ciclisti 19:45 Pilates Mat&Props	Cross Training Bodyweight Group Cycling 19:15 Mobility & Stretching 19:15 Difesa Personale 19:45 Yin Yoga	Bodyweight Calisthenic Pilates Mat&Props 19:30 Cross Boxe 19:30 Aikido Open 19:30 Special Ciclisti 19:45 Vinyasa Yoga 19:45 Pilates Mat&Props	Mobility & Stretching Danza Moderna Open	ORARI GYM FLOOR Lun-Ven 7-22 Sab 8-19 Dom 9-13
20:00	20:00 Calisthenic	20:00 Gym Floor Circuit	20:00 Calisthenic	20:00 Gym Floor Circuit		Il programma potrebbe subire variazioni. Per tutti i corsi è possibile richiedere lezioni private in reception.

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
09:00		09:15 Metabolic Water Circuit	09:30 Cross Water Circuit		Aquafit Silver	
10:00	Aquafit Silver	10:15 Cross Water Circuit	10:15 Aquafit Silver	10:30 Metabolic Water Circuit	Metabolic Water Circuit	
11:00	Cross Water Circuit	Focus Man Water Circuit	Aquafit	11:15 Cross Water Circuit	Focus Man Water Circuit	11:15 Metabolic Water Circuit
12:00						Cross Water Circuit
13:00	Metabolic Water Circuit	Cross Water Circuit	Metabolic Water Circuit	Aquafit	Cross Water Circuit	
14:00		Metabolic Water Circuit	Cross Water Circuit	Metabolic Water Circuit		
15:00				Aquafit Silver		
18:00	18:30 Metabolic Cross Water	18:45 Aquafit	18:30 Water Pump	18:45 Cross Water Circuit		Id Coni AG005 Id Coni DD003 Id Coni DD001
19:00	19:15 Cross Water Circuit	Corso Nuoto Adulti Base 19:30 Metabolic Water Circuit 19:45 Corso Nuoto Adulti Medio	19:15 Corso Nuoto Adulti Avanzato 19:15 Aquafit	Corso Nuoto Adulti Base 19:30 Metabolic Water Circuit 19:45 Corso Nuoto Adulti Medio	Metabolic Water Circuit 19:15 Corso Nuoto Adulti Avanzato	

ORARI NUOTO (prenotazione obbligatoria tramite app):

Lunedì - Venerdì 7:30-16:30 e 18:30-21:30

Sabato 08:30-09:30 e 11:30-18.30

Domenica 09:30-12:30

Per il nuoto è possibile richiedere lezioni private Responsabile Agnese: 342.13.69.695

Il programma potrebbe subire variazioni.