

SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00							
9.10 - 10.00	BACK SCHOOL		POSTURALE		SOFT TONE		
10.10 - 11.00	TONE UP	TOTAL BODY	TONE UP		MOVIDA		
11.10 - 12.00							
13.00 - 13.50	TOTAL BODY	PUMP		MOVIDA	FUNCTIONAL CONTROL	TOTAL BODY	
17.10 - 18.00		TOTAL BODY		ABDOSTRETCH			
18.10 - 19.00	MOVIDA		TOTAL BODY		CARDIO PUMP		
18.30 - 19.20				PUMP			
19.10 - 20.00	ROOTAPE		FIT BOXE		STEP		
19.30 - 20.20		FUNCTIONAL CONTROL					

SALA CYCLING

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00				PEDALS 360			
10.10 - 11.00			PEDALS 360				
11.00-12.20							PEDALS 360
13.00-13.50		PEDALS 360	PEDALS 360	PEDALS 360			
13.00-14.20						PEDALS 360	
18.10 - 19.00							
18.30 - 19.20	PEDALS 360		PEDALS 360		PEDALS 360		
19.10 - 20.00				PEDALS 360			
19.30 - 20.20		PEDALS 360					
20.10 - 21.00	PEDALS 360		PEDALS 360				

SALA TREKKMILL

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00	TRAIL 360						
13.00 - 13.50	TRAIL 360				TRAIL 360		
13.00 - 14.20						TRAIL 360	
18.10 - 19.00			TRAIL 360	TRAIL 360			
19.10 - 20.00		TRAIL 360					
19.30 - 20.20	TRAIL 360		TRAIL 360				
20.10 - 21.00							

SALA ROWING

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00							ROW 360
13.00 - 13.50				ROW 360			
18.30 - 19.20	ROW 360						
19.10 - 20.00					ROW 360		
19.30 - 20.20				ROW 360			
20.10 - 21.00		ROW 360					



SALA FUNZIONALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7.10 - 8.00			FUNCTIONAL TRAINING			
10.10 - 11.00				SENIOR STAB		
13.00 - 13.50	FUNCTIONAL TRAINING		TRX SUSPENSION TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
18.30 - 19.20			FUNCTIONAL TRAINING		TRX SUSPENSION TRAINING	
19.10 - 20.00	FUNCTIONAL TRAINING					
19.30 - 20.20		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		

TECNICHE DI COMBATTIMENTO

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
13.00 - 13.50		BOXE				
19.00 - 21.00						
20.00-22.00	BOXE		BOXE		BOXE	
20.30 - 21.30		KRAV MAGA		KRAV MAGA		

PISCINA

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00	AQUAFIT SENIOR		AQUAFIT SENIOR	GYM WATER	AQUAFIT SENIOR		
11.30 - 12.20							GYM WATER
12.10 - 13.00						GYM WATER	
13.05 - 13.55	FIT PADDLING	GYM WATER		GYM WATER	AQUAPOWER		
18.10 - 19.00	FIT PADDLING		AQUAPOWER				
18.30 - 19.20					AQUAZUMBA		
19.10 - 20.00		AQUATRaining	FIT PADDLING				
20.10 - 21.00				FIT PADDLING			

SALA MEDITAZIONE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 8.00	YOGA						
9.10 10.00		BODY ARMONY		PILATES			
10.10 11.00				YOGA		YOGA	
11.10 12.30						PILATES	
13.00 13.50			PILATES				
17.10 18.00	PILATES		TAI CHI		HATA YOGA		
18.10 18.30				FLOWING			
18.10 19.00		BODY ARMONY					
19.10 19.30		FLOWING					
18.30 20.00							
19.30- 20.30				PILATES			
20.10 21.00	TAI CHI		HATA YOGA				