

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

DOMENICA

8:30 - 9:15
ACQUA PILATES

9:00 - 10:00
PILATES REFORMER

9:30 - 10:00
ADDOMINALI

10:00 - 11:00
STEP&TONE

10:00 - 10:45
NUOTO ADULTI

12:30 - 13:30
ENERGY STRETCH

12:30 - 13:30
PILATES REFORMER

12:45 - 13:30
ACQUAGYM

15:00 - 15:45
PANCAFIT

17:30 - 18:30
PILATES REFORMER

18:30 - 19:30
STEP&TONE

18:30 - 19:15
ACQUAGYM

19:30 - 20:30
PILATES MATWORK

19:45 - 20:30
NUOTO ADULTI

19:15 - 20:00
HYDROBIKE

19:30 - 21:00
NUOTO MASTER

8:00 - 9:00
YOGA

9:00 - 9:45
POSTURAL PILATES

10:00 - 10:45
PANCAFIT

10:00 - 10:45
ACQUAGYM

11:00 - 11:45
HYDROBIKE

11:00 - 11:45
PILATES TOYS

12:30 - 13:15
FUNCTIONAL TRAINING

12:45 - 13:30
NUOTO ADULTI

18:00 - 19:00
PILATES REFORMER

19:00 - 20:00
PILATES REFORMER

19:45 - 20:30
BODY PUMP

8:30 - 9:15
ACQUA SOFT

9:00 - 10:00
PILATES MATWORK

10:00 - 11:00
BODY WORKOUT

10:00 - 10:45
NUOTO ADULTI

10:00 - 11:00
FISIO FIT 

12:30 - 13:30
PILATES REFORMER

12:45 - 13:30
ACQUA GYMBIKE

18:15 - 19:00
FUNCTIONAL TRAINING

18:15 - 19:15
PILATES REFORMER

18:15 - 19:15
YOGA

19:45 - 20:30
NUOTO ADULTI

19:30 - 21:00
NUOTO MASTER

20:00 - 20:45
FIT COMBAT

8:00 - 9:00
YOGA

9:00 - 9:45
GINNASTICA DOLCE

9:00 - 10:00
PILATES REFORMER

9:00 - 9:45
HYDROBIKE

10:00 - 10:45
ACQUAGYM

11:00 - 11:45
BODY WORKOUT

12:30 - 13:30
ENERGY STRETCH


12:30 - 13:30
PILATES REFORMER

12:45 - 13:30
NUOTO ADULTI

15:00 - 15:45
POSTURAL PILATES

18:30 - 19:15
PANCAFIT

18:30 - 19:30
BODY WORKOUT

18:30 - 19:15
ACQUA COREO 

19:30 - 20:30
ENERGY STRETCH

19:15 - 20:00
HYDROBIKE

8:30 - 9:15
ACQUA PILATES

9:00 - 9:45
PANCAFIT

9:15 - 10:00
GAG

10:00 - 10:45
NUOTO ADULTI

10:00 - 11:00
ENERGY STRETCH

10:00 - 10:45
PILATES TOYS

12:30 - 13:30
PILATES REFORMER

12:45 - 13:30
ACQUAGYM

15:00 - 16:00
FISIO FIT 

18:00 - 19:00
PILATES REFORMER

19:45 - 20:30
NUOTO ADULTI


19:30 - 21:00
NUOTO MASTER

9:00 - 10:00
YOGA

9:00 - 9:45
ACQUAGYM

10:00 - 11:00
BODY WORKOUT

10:00 - 11:00
PILATES REFORMER

11:00 - 12:00
ZUMBA 

10:00 - 11:00
SURPRISE FITNESS 

PLANNING CORSI 2024

-  Corsi Fitness
-  Corsi Acqua Fitness e Nuoto
-  Corsi Premium
-  Pilates Reformer
-  Corsi di Nuoto e Master
-  Ginnastica posturale con Fisioterapista Wellmed

ORARI DI APERTURA
 LUN - MER - VEN 6:30 - 21:30
 MART - GIOV 7:45 - 21:30
 SAB 8:45 - 18:30
 DOM 9:00 - 13:30



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
group training 7:30/8:30	yoga 8:00/9:00	group training 7:30/8:30	yoga 8:00/9:00	group training 7:30/8:30	
group training 9:00/10:00	weighlifting class 9:30/10:30	group training 9:00/10:00	functional body building 9:30/10:30	group training 9:00/10:00	yoga 9:00/10:00
open box 10:00/12:00	open box 10:30/12:00	open box 10:00/12:00	open box 10:30/12:00	open box 10:00/12:00	team WOD 10:15/11:15
					open box 11:30/12:30
group training 12:45/13:45	hyrox training 12:45/13:45	group training 12:45/13:45	hyrox training 12:45/13:45	group training 12:45/13:45	
group training 18:00/19:00	group training 18:00/19:00	group training 18:00/19:00	group training 18:00/19:00	group training 18:00/19:00	
group training 19:00/20:00	group training 19:00/20:00	yoga 18:15/19:15	group training 19:00/20:00	group training 19:00/20:00	
group training 20:00/21:00	weighlifting class 20:00/21:00	group training 19:00/20:00	functional body building 20:00/21:00	group training 20:00/21:00	
		crossfit swim 20:00/21:00			

PLANNING
DICEMBRE 2023
ISPRA

TWIN BODY