



Sport Center

DAL 1 FEBBRAIO 2018

LUNEDI`			MARTEDI`			MERCOLEDI`			GIOVEDI`			VENERDI`			SABATO		
SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA	SALA 1	SALA 2	ACQUA
09:45-10:35 XTEMPO ENERGY	9:00-09:45 GINNASTICA DOLCE	8:30-9:15 AQUASOFT			08:45-09:30 AQUAALTA	09:45-10:30 PUMP		08:45-09:30 HYDROBIKE			8:30-9:15 AQUASOFT			08:45-09:30 AQUAGYM			
	10:35-11:35 POSTURAL TRAINING	9:30-10:15 AQUAGYM	10:30-11:15 TOTALBODY	09:30-10:25 PILATES MAT	9:35-10:20 AQUAGYM	10:35-11:25 ZUMBA	08:50-9:40 POSTURAL & YOGA	09:45-10:30 METABOLIC WATER	09:45-10:30 TOTALBODY	10:35-11:35 POSTURAL TRAINING	9:30-10:15 AQUAGYM	09:35-10:30 PILATES MAT		11:05-11:25 ULTRA ADDOME			
13:15-14:05 BODY CONDITIONING	13:00-13:55 INDOORCYCLE	10:30-11:15 AQUAALTA			10:30-11:15 AQUATONE			10:40-11:25 AQUAGYM			10:40-11:25 GAG			10:45-11:30 AQUADANCE	11:00-12:00 INDOORCYCLE	11:50-12:35 AQUAALTA	
	13:35-14:20 METABOLIC WATER	13:15-14:05 PUMP	13:15-14:05 PUMP	13:15-14:10 BALANCE	13:00-13:50 METABOLIC WATER	13:15-14:05 TOTAL BODY	13:00-13:55 INDOORCYCLE	13:00-13:50 AQUAGYM	13:15-14:05 GAG	13:15-14:05 PILATES MAT	12:45-13:30 AQUAALTA	13:15-14:05 ZUMBA	13:15-14:00 FASST CLASS	12:45-13:30 AQUAGYM	13:00-14:00 PILATES MAT		
17:30-18:15 POSTURAL & STRETCH	17:30-18:15 AQUABIGCIRCUIT	14:25-15:10 AQUAGYM			14:00-14:50 AQUAGYM	14:15-15:00 PILATES MAT		14:00-14:50 AQUASTEP			13:35-14:20 BIKE&TONE			13:35-14:20 AQUABIGCIRCUIT			
	18:20-19:05 TBF	18:15-19:10 INDOORCYCLE	17:30-18:20 YOGA		17:30-18:20 YOGA	17:30-18:20 YOGA	18:15-19:00 GAG	17:30-18:15 AQUAGYM	17:30-18:20 TONE UP	17:30-18:15 METABOLIC WATER	17:30-18:15 METABOLIC WATER			17:30-18:15 METABOLIC WATER			
19:15-20:00 XTEMPO ENERGY	19:20-20:05 PUMP	18:25-19:10 METABOLIC WATER	18:20-19:05 TONE UP	18:05-18:50 PILATES MAT	18:35-19:20 AQUASTEP	18:25-19:10 BODY TONE	19:15-20:10 INDOOR CYCLE	18:25-19:10 METABOLIC WATER	18:25-19:10 BODY TONE	18:30-19:15 AQUAGYM	18:00-18:55 PILOGA			18:30-19:15 AQUACROSS			
	20:05-20:50 PILATES MAT	20:20-21:05 THAI FIT	19:20-20:15 GAG	19:10-20:05 INDOORCYCLE	19:20-20:05 AQUAGYM	19:15-20:00 TOTAL BODY	20:20-21:05 THAI FIT	19:15-20:00 AQUAGYM	19:15-20:10 POSTURAL TRAINING	19:20-20:05 BYKE&TONE	19:00-19:50 TBF	19:00-20:00 INDOORCYCLE	19:20-20:05 AQUAGYM				
	19:15-20:00 FASST CIRCUIT	19:15-20:00 FASST CIRCUIT	19:15-20:00 FASST CIRCUIT		19:15-20:00 FASST CIRCUIT	20:05-20:55 PILATES MAT		20:15-21:00 FASST CLASS	20:15-21:00 FASST CLASS	19:15-20:00 FASST CIRCUIT							
	green									green							

DOMENICA

SALA 1	SALA 2	ACQUA
10:20-10:40 ULTRA ADDOME		
	11:00-12:00 INDOORCYCLE	09:45-10:30
10:45-11:30 JOLLY		JOLLY

NOTE:



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orario apertura centro
feriali 07:30 23:00
sabato 08:00 21:00
domenica 08:00 19:00

DA GIOVEDI 15 FEBBRAIO

TUTTI I CORSI SONO A PRENOTAZIONE POTREBBERO SUBIRE MODIFICHE O SOSPENSIONI PER AFFLUENZA INFERIORE AL NUMERO MINIMO PREVISTO