



Sport Center

DAL 9 APRILE 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
		8:30-9:15 AQUASOFT 🏊❤️			08:45 -09:30 AQUAALTA 🏊❤️			08:45 -09:30 HYDROBIKE 🏊❤️			8:30-9:15 AQUASOFT 🏊❤️			08:45 -09:30 AQUAGYM 🏊❤️			
09:45-10:35 XTEMPO ENERGY 🏋️❤️	9:00-09:45 GINNASTICA DOLCE 🧘	9:30-10:15 AQUAGYM 🏊❤️			9:35-10:20 AQUAGYM 🏊❤️	09:45-10:30 PUMP 🏋️❤️					9:30-10:15 AQUAGYM 🏊❤️	09:35-10:30 PILATES MAT 🧘			11:05 -11:25 ULTRA ADDOME		
10:45-11:40 PILATES MAT 🧘	10:35-11:35 POSTURAL TRAINING 🧘		10:30-11:15 TOTALBODY ❤️🏋️	09:30-10:25 PILATES MAT 🧘		10:35-11:25 ZUMBA ❤️	08:50-9:40 POSTURAL & YOGA 🧘	09. 45-10:30 METABOLIC WATER 🏊❤️			10:35-11:35 POSTURAL TRAINING 🧘	10:40-11.25 GAG ❤️🏋️		10:45-11:30 AQUADANCE ❤️🏋️		11:00-12:00 INDOORCYCLE ❤️	11:50 -12:35 AQUAALTA 🏊❤️
	10.30-11.15 AQUAALTA 🏊❤️				10:30-11:15 AQUATONE ❤️🏋️										11:30-12:20 ZUMBA ❤️🏋️		
13:15 -14:05 BODY CONDITIONING 🏋️❤️	13:00-13:55 INDOORCYCLE ❤️		13:15-14:05 PUMP 🏋️❤️		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 CIRCUIT ❤️🏋️	12:45-13:30 AQUAGYM 🏊❤️	13:00-14:00 PILATES MAT 🧘		
		13:35-14:20 METABOLIC WATER 🏊❤️		13:15-14:10 BALANCE 🧘	14:00-14:50 AQUAGYM 🏊❤️	14:15 - 15:00 PILATES MAT 🧘					13:35-14:20 BIKE&TONE 🏋️🏊❤️			13.35-14.20 AQUABIGCIRCUIT 🏊❤️			
		14:25-15:10 AQUAGYM 🏊❤️									14:25-15:10 AQUACROSS ❤️🏋️						
17:30-18:15 POSTURAL & STRETCH 🧘		17:30-18:15 AQUABIGCIRCUIT 🏊❤️	17:35-18:20			17:30-18:20 YOGA 🧘	18.15-19.00 GAG ❤️🏋️	17:30-18:15 AQUAGYM 🏊❤️	17:35-18:20 TONE UP 🏋️		17:30-18:15 METABOLIC WATER 🏊❤️						
18:20-19:05 TBF 🏋️❤️	18:15-19:10 INDOORCYCLE ❤️	18:25-19:10 METABOLIC WATER 🏊❤️	18:25-19:15 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 TOTAL BODY 🏋️🏊❤️	18:20-19:15 INDOOR CYCLE ❤️	18:30-19:15 AQUAGYM 🏊❤️	18:00-18:55 PILOGA 🧘		18:30-19:15 AQUACROSS 🏋️❤️			
19:15-20:00 XTEMPO ENERGY 🏋️❤️	19:20-20:05 PUMP 🏋️	19:15-20:00 AQUA CROSS ❤️	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 INDOOR CYCLE ❤️	19:15-20:00 AQUAGYM 🏊❤️	19:15-20:10 POSTURAL TRAINING 🧘	19:25-20:10 INDOOR CYCLE ❤️	19:20-20:05 BYKE&TONE 🏋️🏊❤️	19:00-19:50 PILOGA 🧘	19:00 -20:00 INDOORCYCLE ❤️	19:20-20:05 AQUAGYM 🏊❤️			
20:05-20:50 PILATES MAT 🧘	20:20-21:05 THAI FIT ❤️	20:10-20:55 AQUAGYM 🏊❤️	19:20-20:15 ZUMBA ❤️	20:15-21:00 FASST CLASS 🏋️❤️	20:10-20:55 HYDROBIKE 🏊❤️	20:05-20:55 PILATES MAT 🧘	19:15- 20:00 THAI FIT 🏋️❤️		20:15-21:00 FASST CLASS 🏋️❤️	19:15-20:00 PUMP 🏋️							
	19:15-20:00 FASST CIRCUIT 🏋️❤️		19:15- 20:00 FASST CIRCUIT 🏋️🏊❤️				19:15- 20:00 FASST CIRCUIT 🏋️🏊❤️			19:15-20:00 FASST CIRCUIT 🏋️❤️							
	green		green				green			green							

DOMENICA

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

NOTE:



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

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