



# Sport Center

DAL 28 MAGGIO AL 01 LUGLIO 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 🏋️❤️		08:50-9:40 POSTURAL & YOGA 🧘			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 🧘	10:30-11:15 AQUATONE 🏊🏋️	10:35-11:25 ZUMBA ❤️		10:40-11:25 AQUAGYM 🏊❤️			10:40-11:25 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 🏋️❤️																
13:15-14:05 BODY CONDITIONING 🏋️❤️	13:00-13:55 INDOORCYCLE ❤️		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 ❤️		13:15-14:05 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 🏊❤️			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 AQUACROSS ❤️🏋️				
17:30-18:15 POSTURAL & STRETCH 🧘		17:30-18:15 AQUABIGCIRCUIT 🏊❤️				17:30-18:20 YOGA 🧘		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 🏊❤️	17:35-18:20 TONE UP 🏋️	18:05-18:50 PILATES MAT 🧘	18:35-19:20 AQUASTEP 🏊❤️	18:25-19:10 BODY TONE 🏋️❤️	18:15-19:00 GAG ❤️🏋️	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 ❤️	18:25-19:15 GAG ❤️🏋️	19:10-20:05 INDOORCYCLE ❤️	19:20-20:05 AQUAGYM 🏊🏋️	19:15-20:00 TOTAL BODY 🏋️🏊	19:15-20:10 INDOOR CYCLE ❤️	19:15-20:00 AQUAGYM 🏊❤️	19:15-20:10 POSTURAL TRAINING 🧘	19:20-20:05 INDOOR CYCLE ❤️	19:20-20:05 BYKE&TONE 🏋️🏊		19:00-19:50 TBF 🏋️❤️	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 🧘	20:20-21:05 THAI FIT 🏋️❤️		20:15-21:00 FASST CLASS 🏋️❤️	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							

FINO AL 18 GIUGNO

FINO AL 19 GIUGNO

## DOMENICA

SALA 1	SALA 2	ACQUA
9:30-9:50 ULTRA ADDOME		
	11:00-12:00 INDOORCYCLE	11:00-11:45 JOLLY
10:00-10:45 JOLLY		

### NOTE:



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