Sport Center — DAL 9 APRILE 2018

LUNEDI`

SALA 1	SALA 2	ACQUA
		8:30-9:15 AQUASOFT
	9:00-09:45 GINNASTICA DOLCE	
09:45-10:35 XTEMPO ENERGY		9:30-10:15 AQUAGYM
	10:35-11:35 POSTURAL TRAINING	
10:45-11:40 PILATES MAT		10.30-11.15 AQUAALTA
13:15 -14:05 BODY CONDITIONING	13:00-13:55 INDOORCYCLE	13:35-14:20 METABOLIC WATER
		14:25-15:10 AQUAGYM
17:30-18:15 POSTURAL& STRETCH		17:30-18:15 AQUABIGCIRCUIT
18:20-19:05 TBF	18:15-19:10 INDOORCYCLE	18:25-19:10 METABOLIC WATER
19:15-20:00 XTEMPO ENERGY	19:20-20:05 PUMP	19:15-20:00 AQUA CROSS
20:05-20:50 PILATES MAT	20:20-21:05 THAI FIT	20:10-20:55 AQUAGYM
	19:15-20:00 FASST CIRCUIT	
	green	

MARTEDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 AQUAALTA
	09:30-10:25 PILATES MAT	9:35-10:20 AQUAGYM
10:30-11:15 TOTALBODY		10:30-11:15 AQUATONE
13:15-14:05 PUMP	13:15-14:10 BALANCE	13:00-13:50 METABOLIC WATER
		14:00-14:50 AQUAGYM
17:35-18:20 TONE UP	18:05-18:50 PILATES MAT	18:35-19:20 AQUASTEP
18:25-19:15 GAG	19:10-20:05 INDOORCYCLE	19:20-20:05 AQUAGYM
19:20-20:15 ZUMBA	20:15-21:00 FASST CLASS	20:10-20:55 HYDROBIKE
19:15- 20:00 FASST CIRCUIT		
green		

MERCOLEDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 HYDROBIKE
09:45-10:30 PUMP	08:50-9:40 POSTURAL & YOGA	09. 45-10.30 METABOLIC WATER
10:35-11:25 ZUMBA		10:40-11:25 AQUAGYM
13:15-14:05 TOTAL BODY	13:00-13:55 INDOORCYCLE	13:00-13:50 AQUAGYM
14:15 - 15:00 PILATES MAT		14:00-14:50 AQUASTEP
17:30-18:20 YOGA	18.15-19.00 GAG	17:30-18:15 AQUAGYM
18:25-19:10 BODY TONE	19:15-20:10 INDOOR CYCLE	18:25-19:10 METABOLIC WATER
19:15-20.00 TOTAL BODY	20:20-21:05 THAI FIT	19:15-20:00 AQUAGYM
20:05-20:55 PILATES MAT	19:15- 20:00 FASST CIRCUIT	
	green	

GIOVEDI`

SALA 1	SALA 2	ACQUA
		8:30-9:15 AQUASOFT
		9:30-10:15 AQUAGYM
09:45-10:30 TOTALBODY	10:35-11:35 POSTURAL TRAINING	
	13:15-14:05 PILATES MAT	
13:15-14:05 GAG		12:45-13:30 AQUAALTA
		13:35-14:20 BIKE&TONE
17:35-18:20 TONE UP		14:25-15:10 AQUACROSS
18.25-19.10 TOTAL BODY	18:20-19:15 INDOOR CYCLE	17:30-18:15 METABOLIC WATER
19:15-20:10 POSTURAL TRAINING	19:25-20:10 PUMP	18:30-19:15 AQUAGYM
20:15-21:00 FASST CLASS	19:15-20:00 FASST CIRCUIT	19:20-20:05 BYKE&TONE
	green	

VENERDI`

SALA 1	SALA 2	ACQUA
		08:45 -09:30 AQUAGYM
09:35-10:30 PILATES MAT		
10:40-11.25 GAG		10:45-11:30 AQUADANCE
13:15-14:05 ZUMBA	13:15-14:00 FASST CIRCUIT	12:45-13:30 AQUAGYM
		13,35-14,20 AQUABIGCIRCUIT
18:00-18:55 PILOGA		18:30-19:15 AQUACROSS
19:00-19:50 TBF	19:00 -20,00 INDOORCYCLE	19.20-20:05 AQUAGYM

SABATO

SALA 1	SALA 2	ACQUA
11:05 -11:25 ULTRA ADDOME		
	11:00-12:00 INDOORCYCLE	11:50 -12:35 AQUAALTA
11:30-12:20 ZUMBA		
13:00-14:00 PILATES MAT		

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		

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

NOTE:

SPORT CENTER ERCOLE NEGRI
Piscine e Palestre

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