



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 🧘					09:45-10:30 PUMP 🏋️❤️					09:35-10:30 PILATES MAT 🧘			09:35-10:30 PILATES MAT 🧘			
	9:30-10:15 POSTURAL TRAINING 🧘	9:30-10:15 AQUAGYM 🏊❤️		09:30-10:25 PILATES MAT 🧘	9:35-10:20 AQUAGYM 🏊❤️			08:50-9:40 POSTURAL & YOGA 🧘			9:30-10:15 AQUAGYM 🏊❤️			10:45-11:30 AQUADANCE 🏊❤️	11:05-11:25 ULTRA ADDOME		
10:45-11:40 PILATES MAT 🧘	10:35-11:35 POSTURAL TRAINING 🧘		10:30-11:15 TOTALBODY 🏋️🏊			10:35-11:25 ZUMBA 🏋️			09:45-10:30 TOTALBODY 🏋️❤️		10:35-11:35 POSTURAL TRAINING 🧘			10:40-11:25 GAG 🏋️🏊		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 🏊❤️			13:00-13:55 INDOORCYCLE 🏋️		13:15-14:05 GAG 🏋️🏊	13:15-14:05 PILATES MAT 🧘			12:45-13:30 AQUAALTA 🏊❤️	13:00-14:00 PILATES MAT 🧘		
		13:35-14:20 METABOLIC WATER 🏊❤️		13:15-14:10 BALANCE 🧘		13:15-14:05 TOTAL BODY 🏋️❤️								13:35-14:20 BIKE&TONE 🏋️🏊			
					14:00-14:50 AQUAGYM 🏊❤️	14:15-15:00 PILATES MAT 🧘								14:25-15:10 AQUACROSS 🏋️🏊			
17:30-18:15 POSTURAL & STRETCH 🧘		17:30-18:15 AQUABIGCIRCUIT 🏊❤️				17:30-18:20 YOGA 🧘											
			17:35-18:20 TONE UP 🏋️			18:15-19:00 GAG 🏋️🏊											
18:20-19:05 TBF 🏋️❤️	18:15-19:10 INDOORCYCLE 🏋️	18:25-19:10 METABOLIC WATER 🏊❤️		18:05-18:50 PILATES MAT 🧘	18:35-19:20 AQUASTEP 🏋️🏊	18:25-19:10 BODY TONE 🏋️❤️			18:15-19:00 AQUAGYM 🏊❤️	18:25-19:10 TONE UP 🏋️	18:20-19:15 AQUAGYM 🏊❤️			17:30-18:15 METABOLIC WATER 🏊❤️			
			18:25-19:15 GAG 🏋️🏊			19:15-20:10 INDOOR CYCLE 🏋️					18:30-19:15 AQUAGYM 🏊❤️			18:30-19:15 AQUACROSS 🏋️🏊			
19:15-20:00 XTEMPO ENERGY 🏋️❤️	19:20-20:05 PUMP 🏋️	19:15-20:00 AQUA CROSS 🏊❤️		19:10-20:05 INDOORCYCLE 🏋️	19:20-20:05 AQUAGYM 🏊❤️	19:15-20:00 TOTAL BODY 🏋️🏊			19:15-20:00 AQUAGYM 🏊❤️	19:15-20:10 POSTURAL TRAINING 🧘	19:20-20:05 BYKE&TONE 🏋️🏊			19:20-20:05 AQUAGYM 🏊❤️			
			19:20-20:15 ZUMBA 🏋️			20:05-20:55 PILATES MAT 🧘					19:25-20:10 PUMP 🏋️			19:00-20:00 INDOORCYCLE 🏋️			
20:05-20:50 PILATES MAT 🧘	20:20-21:05 THAI FIT 🏋️	20:10-20:55 AQUAGYM 🏊❤️		20:15-21:00 FASST CLASS 🏋️🏊	20:10-20:55 HYDROBIKE 🏊❤️				20:20-21:05 THAI FIT 🏋️❤️	20:15-21:00 FASST CLASS 🏋️🏊	19:15-20:00 FASST CIRCUIT 🏋️❤️			19:00-19:50 TBF 🏋️❤️			
	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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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