PLANNING CLASSI FITNESS (15/09/25 - 13/06/26)

LUNEDÍ

SALA 1
- PILATES 9.30 - 10.15
- FUNCTIONAL POWER CIRCUIT 17:00-17:55

SALA 2
- TOTAL BODY 9.30 - 10:15
- POWER CROSS TRAINING 19:00-19:55
- TRX 18.00 - 18.55

SALA 3
- REFORMER GROUP 13:00-13:50

PISCINA GRANDE
- ACQUAGYM SOFT 10.30 - 11.15

PISCINA PICCOLA
- ACQUABIKE 18.45 - 19:30

SALA CYCLING
- INDOOR CYCLING 12.45 - 13.30
- INDOOR CYCLING 17.45 - 18.30

WELLNESS
- AUFGUSS 18.15 - 18:30
- AUFGUSS 19.00 - 19.15

MARTEDÍ

SALA 1
- TOTAL BODY 9.30 - 10.15
- BODY CONDITION 10.30 - 11.15
- FUNCTIONAL CIRCUIT 12.45 - 13.30
- STEP 17.30 - 18.15

SALA 3
- REFORMER GROUP 13:00-13:50
- REFORMER GROUP 18:00-18:50
- REFORMER GROUP 19:00-19:50

PISCINA GRANDE
- ACQUAGYM 18.30 - 19.15

PISCINA PICCOLA
- ACQUABIKE 10.30 - 11:15

SALA CYCLING
- CYCLING CIRCUIT 18.15 - 19.00

MERCOLEDÍ

SALA 1
- SMOVEY 9.45 - 10.30
- CORE 10.45 - 11.30
- MIX TONIC 12.45 - 13.30
- TOTAL BODY 17.30 - 18.15
- ZUMBA 18.30 - 19.15

SALA 2
- TRX 9.00 - 9.55
- YOGA 18:00 - 18:50

SALA 3
- REFORMER GROUP 08:30-09:20
- REFORMER GROUP 18:00-18:50

PISCINA GRANDE
- ACQUAGYM 10.45 - 11.30

PISCINA PICCOLA
- ACQUABIKE 12.45 - 13.30
- ACQUABIKE 17.30 - 18.15

SALA CYCLING
- INDOOR CYCLING 18.30 - 19.15

GIOVEDÍ

SALA 1
- FUNCTIONAL CIRCUIT 09.30 - 10.15
- GINNASTICA POSTURALE 10.30 - 11.15
- ABS GLUTE 17.30 - 18.15

SALA 2
- KETTLEBELL 17.00 - 17.55
- POWER CROSS TRAINING 18.00 - 18.55
- TRX 19.00 - 19.55

SALA 3
- REFORMER GROUP 13:00-13:50
- REFORMER GROUP 19:00-19:50

PISCINA GRANDE
- ACQUAGYM 10.30 - 11.15
- ACQUA STEP 18.30 - 19.15

PISCINA PICCOLA
- ACQUABIKE 17.45 - 18:30

SALA CYCLING
- INDOOR CYCLING 12.45 - 13.30
- INDOOR CYCLING 18.00 - 18.45

WELLNESS
- AUFGUSS 18.15 - 18:30
- AUFGUSS 19.00 - 19.15

VENERDÍ

SALA 1
- PILATES 9.30 - 10.15
- PILATES 12.45 - 13.30
- GAG 17.00 - 17.45
- ZUMBA 18.00 - 18.45

SALA 2
- TRX 09.00 - 09.55

SALA 3
- REFORMER GROUP 08:00-08:50
- REFORMER GROUP 12.30-13:20

PISCINA GRANDE
- ACQUAGYM 10.30 - 11.15

PISCINA PICCOLA
- ACQUABIKE 18.00 - 18.45

SALA CYCLING
- INDOOR CYCLING 17.45 - 18.30

SABATO

SALA 1
- POWER BOUND 11.00 - 11.45
- PILATES 12.00 - 12.45

SALA 2
- TRX 9.00 - 9.55

SALA CYCLING
- INDOOR CYCLING 10.00 - 10.45

Wellness in Cloud

= A PAGAMENTO

DEBORA	FABIO	ESTER
JASMINE	MAX	ALESSIA E.
MICHELA	ROBERTO	DANIELA
BARBARA	FRANCESCO	PAOLO