PLANNING CLASSI FITNESS (14/09/26 - 13/06/27)

LUNEDÍ

SALA 1
RISVEGLIO MUSCOLARE
07.15 - 08.00

SALA 1
PILATES
9.30 - 10.15

PISCINA GRANDE
ACQUAGYM SOFT
10.30 - 11.15

SALA CYCLING
INDOOR CYCLING
12.45 - 13.30

SALA 3
* REFORMER
12.45 - 13.35

SALA 2
FUNCTIONAL POWER CIRCUIT
17:00-17:45

SALA 1
PILATES
17.30 - 18.15

SALA CYCLING
INDOOR CYCLING
17.30 - 18.15

SALA 2
TRX
18.00 - 18.45

PISCINA PICCOLA
ACQUABIKE
18.45 - 19:30

MARTEDÍ

SALA 1
MIX TONIC
9.30 - 10.15

SALA 1
STRENGHT & TONE
10.30 - 11.15

SALA 1
GINNASTICA POSTURALE
11.30 - 12.15

SALA 2
FUNCTIONAL CIRCUIT
12.45 - 13.30

SALA 1
FULL BODY WORKOUT
17.30 - 18.15

PISCINA PICCOLA
ACQUABIKE
17.30 - 18:15

SALA 3
* REFORMER
18.00 - 18.50
19.00 - 19.50

PISCINA GRANDE
ACQUA POWER
18.30 - 19.15

SALA CYCLING
CYCLING CIRCUIT
18.45 - 19.30

SALA 1
POWER TRAINING
18.45 - 19.30

MERCOLEDÍ

SALA 2
TRX SOFT
9.00 - 9.45

PISCINA GRANDE
ACQUAGYM
10.00 - 10.45

PISCINA PICCOLA
ACQUABIKE
12.45 - 13.30

SALA 3
* REFORMER
12.45 - 13.45

SALA 3
* REFORMER
17.00 - 17.50

SALA 1
GAG
17.30 - 18.15

PISCINA PICCOLA
ACQUABIKE
17.30 - 18.15

SALA 2
HATHA YOGA
17.30 - 18:15

SALA CYCLING
INDOOR CYCLING
18.30 - 19.15

WELLNESS
AUFGUSS
18.45 - 19:00
19.30 - 19.45

GIOVEDÍ

SALA 2
HATHA YOGA
09.00 - 09:45

SALA 1
FUNCTIONAL CIRCUIT
09.30 - 10.15

SALA 1
GINNASTICA POSTURALE
10.30 - 11.15

SALA CYCLING
INDOOR CYCLING
12.45 - 13.30

SALA CYCLING
INDOOR CYCLING
17.30 - 18.15

SALA 2
POWER CROSS TRAINING
18.00 - 18.45

PISCINA GRANDE
ACQUACIRCUIT
18.45 - 19.30

SALA 2
TRX
19.00 - 19.45

SALA 3
* REFORMER
19.00 - 19.50

WELLNESS
AUFGUSS
18.30 - 18:45
19.15 - 19.30

VENERDÍ

SALA 2
TRX
9.00 - 9.45

SALA 1
PILATES
9.30 - 10.15

PISCINA GRANDE
ACQUAGYM
10.00 - 10.45

SALA 1
SMOVEY
10.30 - 11.15

SALA 1
PILATES
12.45 - 13.30

SALA 3
* REFORMER
12.45 - 13.35

SALA 1
ENERGY DANCE
15.00- 15.45

SALA 1
TOTAL BODY
17.30 - 18.15

SALA CYCLING
SPINNING
18.10 - 19.05

PISCINA PICCOLA
ACQUABIKE
18.30 - 19.15

SABATO

SALA 2
TRX
9.00 - 9.45

SALA CYCLING
INDOOR CYCLING
10.00 - 10.45

SALA 3
* REFORMER
10.30 - 11.30

SALA 1
POWER BOUND
11.00 - 11.45

* : PRENOTABILE SOLO TRAMITE RICARICA

green energym
wellness & fitness center

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