

Lunedì

Mercoledì

Venerdì

7.30 - 8.30 Sala A MOBILITY TRAINING	7.30 - 8.30 Sala A CIRCUIT TRAINING	7.30 - 8.30 Sala A METABOLIC TRAINING
8.30 - 9.30 Sala A METABOLIC TRAINING	8.30 - 9.30 Sala A MOBILITY TRAINING	8.30 - 9.30 Sala A CIRCUIT TRAINING
10.30 - 11.30 Sala A AERO GYM	10.30 - 11.30 Sala A AERO GYM	10.30 - 11.30 Sala A AERO GYM
10.45 - 11.45 Sala D AEQUILIBRIUM MET. POSTURALE	10.45 - 11.45 Sala D AEQUILIBRIUM MET. POSTURALE	11.00 - 12.00 Sala D AEQUILIBRIUM MET. POSTURALE
11.45 - 12.45 Sala D AEQUILIBRIUM MET. POSTURALE	11.45 - 12.45 Sala A AEQUILIBRIUM MET. POSTURALE	11.30 - 12.30 Sala A AEQUILIBRIUM MET. PILATES
11.30 - 12.30 Sala A AEQUILIBRIUM MET. STRETCHING	13.30 - 14.30 Sala A TOTAL BODY	13.30 - 14.30 Sala A FUNCTIONAL STEP
13.30 - 14.30 Sala A CIRCUIT TRAINING	13.30 - 14.30 Sala D AEQUILIBRIUM MET. PILATES	13.30 - 14.30 Sala D AEQUILIBRIUM MET. PILATES
13.30 - 14.30 Sala D AEQUILIBRIUM MET. PILATES	14.45 - 15.45 Sala A CIRCUIT TOTAL BODY	14.45 - 15.45 Sala A TONE & G.A.G.
14.45 - 15.45 Sala A TONE & G.A.G.	17.30 - 18.30 Sala A TOTAL BODY	17.30 - 18.30 Sala A CIRCUIT TRAINING
17.30 - 18.30 Sala A TONE & G.A.G.	18.00 - 19.00 Sala D AEQUILIBRIUM MET. POSTURALE	18.00 - 19.00 Sala B AEQUILIBRIUM MET. PILATES
18.30 - 19.30 Sala A TOTAL BODY	18.30 - 19.30 Sala A TONE & G.A.G.	18.00 - 19.00 Sala D AEQUILIBRIUM MET. POSTURALE
18.30 - 19.30 Sala D AEQUILIBRIUM MET. POSTURALE	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TBATA)	18.30 - 19.30 Sala A TONE & G.A.G.
19.30 - 20.30 Sala D TONIFICAZIONE (MET. TABATA)	19.30 - 20.30 Sala A AEQUILIBRIUM MET. POSTURALE	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)
19.30 - 20.30 Sala A FUNCTIONAL H.I.I.T.	20.00 - 21.00 Sala D AEQUILIBRIUM MET. PILATES	19.30 - 20.30 Sala A FUNCTIONAL H.I.I.T.

PLANNING THE BOX

7.10 - 8.10 CROSS TRAINING	7.10 - 8.10 CROSS TRAINING	7.10 - 8.10 CROSS TRAINING
16.30 - 18.00 CALISTHENICS	16.30 - 18.00 CALISTHENICS	16.30 - 18.00 CALISTHENICS
18.00 - 19.30 CALISTHENICS	18.00 - 19.30 CALISTHENICS	18.00 - 19.30 CALISTHENICS
19.30 - 20.30 CROSS TRAINING	19.30 - 20.30 CROSS TRAINING	19.30 - 20.30 CROSS TRAINING

PLANNING ACQUAFITNESS

7.30 - 8.20 TONE	7.30 - 8.20 CIRCUIT	7.30 - 8.20 MUSIC
9.40 - 10.30 CIRCUIT	8.20 - 9.10 TONE	9.00 - 9.50 STEP
10.30 - 11.20 G.A.G.	10.30 - 11.20 STEP	11.00 - 11.50 ITNERVAL
13.30 - 14.20 MUSIC	13.30 - 14.20 AEROBIC	12.30 - 13.20 CIRCUIT
18.30 - 19.20 KICK	18.40 - 20.40 IDROFITNESS	14.30 - 15.20 G.A.G.
19.20 - 20.10 AEROBIC		18.30 - 19.20 MUSIC
		19.20 - 20.10 CIRCUIT



Orario Impianto
Lun-Ven 07.00-22.30
Sabato e Domenica 08.30-20.00

Orario Sala Pesì
Lun-Ven 07.00-22.00
Sabato e Domenica 08.30-19.30

Tennis e Padel liberi
Lun-Ven 07.00-22.30
Sabato e Domenica 08.30-19.30

PLANNING FITNESS (SALA A, B, D e OUTDOOR)

Martedì

Giovedì

Sabato

7.10 - 8.10 Sala A STEP & TONE	7.10 - 8.10 Sala A STEP & TONE	9.30 - 10.30 Sala A AEQUILIBRIUM MET. POSTURALE
9.00 - 10.00 Sala A AEQUILIBRIUM MET. PILATES	9.00 - 10.00 Sala A AEQUILIBRIUM MET. PILATES	10.00 - 11.00 Sala D AEQUILIBRIUM MET. PILATES
10.00 - 11.00 Sala A TONE UP	10.00 - 11.00 Sala A TOTAL BODY	10.30 - 11.30 Sala B AEQUILIBRIUM MET. PILATES
11.00 - 12.00 Sala A SOFT GYM	11.00 - 12.00 Sala A SOFT GYM	11.00 - 12.00 Sala D POWER YOGA
13.30 - 14.30 Sala A TONE & G.A.G.	13.30 - 14.30 Sala A TONE & G.A.G.	11.00 - 12.00 Sala A G.A.G.
17.00 - 18.00 Sala A PREPUGILISTICA	17.00 - 18.00 Sala A PREPUGILISTICA	12.00 - 13.00 Sala A STEP DANCE
17.45 - 18.45 Sala D AEQUILIBRIUM MET. PILATES	17.45 - 18.45 Sala D AEQUILIBRIUM MET. PILATES	
18.00 - 19.00 Sala A CIRCUIT TRAINING	18.00 - 19.00 Sala A CIRCUIT TRAINING	9.30 - 10.30 Sala A TOTAL BODY
18.00 - 19.00 Sala B POWER YOGA	19.00 - 20.00 Sala D AEQUILIBRIUM MET. POSTURALE	10.30 - 11.30 Sala A G.A.G.
19.00 - 20.00 Sala D AEQUILIBRIUM MET. POSTURALE	19.15 - 20.15 Sala A STEP & TONE	11.30 - 12.30 Sala A AEQUILIBRIUM MET. PILATES
19.15 - 20.15 Sala A STEP & TONE	20.00 - 21.00 Sala D AEQUILIBRIUM MET. PILATES	
20.00 - 21.00 Sala D AEQUILIBRIUM MET. PILATES	20.15 - 21.15 Sala A PREPUGILISTICA	
20.15 - 21.15 Sala A PREPUGILISTICA		

Domenica

PLANNING THE BOX

13.10 - 14.10 CIRCUIT CARDIO TRAINING	13.10 - 14.10 CIRCUIT CARDIO TRAINING	10.30 - 12.00 CALISTHENICS
18.00 - 19.30 CALISTHENICS	18.00 - 19.30 CALISTHENICS	12.00 - 13.30 CALISTHENICS
19.30 - 21.00 CALISTHENICS	19.30 - 21.00 CALISTHENICS	

Sabato

PLANNING ACQUAFITNESS

8.30 - 9.20 STEP	8.30 - 9.20 CIRCUIT	9.00 - 9.45 G.A.G.
9.20 - 10.10 AEROBIC	10.10 - 11.00 G.A.G.	12.40 - 14.10 IDROFITNESS
11.00 - 11.50 G.A.G.	13.40 - 14.30 MUSIC	14.10 - 15.40 IDROFITNESS
12.30 - 13.20 AEROBIC	14.45 - 15.35 TONE	
14.45-15.35 CIRCUIT	18.30 - 19.20 STEP	10.00 - 10.50 STEP
18.30 - 19.20 G.A.G.	19.20 - 20.10 AEROBIC	10.50 - 11.40 AEROBIC
19.20 - 20.10 STEP		11.40 - 12.30 TONE

Sabato

Domenica

Nuoto Libero / Assistito

Lunedì e Mercoledì 07.00-15.30 / 19.00-21.00

Giovedì 07.00-16.00 / 19.00-21.00

Martedì e Venerdì 07.00-16.00 / 20.00-21.00

Sabato 12.30-16.30 | Domenica 9.00-13.00

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Questo planning riguarda le attività ginnico motorie finalizzate alla salute e al fitness