

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



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 STRETCHING	13.30 - 14.30 Sala D CORPO LIBERO	13.30 - 14.30 Sala A CROSS TRAINING
13.30 - 14.30 Sala A AEQUILIBRIUM MET.PILATES	13.30 - 14.30 Sala A AEQUILIBRIUM MET.PILATES	13.30 - 14.30 Sala D AEQUILIBRIUM MET.PILATES
13.30 - 14.30 Sala D STEP FUNZIONALE	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.
18.30 - 19.30 Sala B AEQUILIBRIUM MET.POSTURALE	19.00 - 20.00 Sala B MODERN FUNKY JAZZ	19.00 - 20.00 Sala B MODERN FUNKY JAZZ
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
13.30 - 14.30 CIRCUIT 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 STEP
		19.20 - 20.10 CIRCUIT

Orario Impianto

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

Orario Sala Pesi

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

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

Giovedì

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

Sabato

9.15 - 10.15 Sala A AEQUILIBRIUM MET.POSTURALE
10.15 - 11.15 Sala A AEQUILIBRIUM MET.PILATES
10.30 - 11.30 Sala B AEQUILIBRIUM MET.PILATES
10.30 - 11.45 Sala D POWER YOGA
11.15 - 12.15 Sala A G.A.G.
12.15 - 13.15 Sala A STEP DANCE
11.45 - 13.15 Sala D KRAV MAGA
9.30 - 10.30 Sala A TOTAL BODY
10.45 - 11.45 Sala D AEQUILIBRIUM MET.PILATES
10.30 - 11.30 Sala A G.A.G.
11.30 - 12.30 Sala A AEQUILIBRIUM MET.PILATES

Domenica

PLANNING THE BOX

13.10 - 14.10 CIRCUIT CARDIO TRAINING	13.10 - 14.10 CIRCUIT CARDIO TRAINING
18.00 - 19.30 CALISTHENICS	18.00 - 19.30 CALISTHENICS
19.30 - 21.00 CALISTHENICS	19.30 - 21.00 CALISTHENICS

Sabato

10.30 - 12.00 CALISTHENICS
12.00 - 13.30 CALISTHENICS

PLANNING ACQUAFITNESS

8.30 - 9.20 STEP	8.30 - 9.20 CIRCUIT
9.20 - 10.10 AEROBIC	10.10 - 11.00 G.A.G.
11.00 - 11.50 G.A.G.	13.40 - 14.30 MUSIC
12.30 - 13.20 AEROBIC	14.45 - 15.35 TONE
14.45-15.35 CIRCUIT	18.30 - 19.20 MUSIC
18.30 - 19.20 G.A.G.	19.20 - 20.10 AEROBIC
19.20 - 20.10 STEP	

Sabato

9.00 - 9.45 G.A.G.
12.40 - 14.10 IDROFITNESS
14.10 - 15.40 IDROFITNESS

Domenica

10.00 - 10.50 STEP
10.50 - 11.40 AEROBIC
11.40 - 12.30 TONE

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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