PLANNING FITNESS (SALA A, B, D) 2024

ymca prime sport club

Lunedì

- 7.10 – 8.10 | Sala A
  CROSS TRAINING
- 8.30 – 9.30 | Sala A
  METABOLIC TRAINING
- 09.30 – 10.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 10.30 - 11.30 | Sala A
  AERO GYM
- 10.30 – 11.30 | Sala B
  AEQUILIBRIUM MET.POSTURAL PILATES
- 10.45 - 11.45 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 11.30 – 12.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 11.45 - 12.45 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 13.30 – 14.30 | Sala B
  AEQUILIBRIUM MET.PILATES
- 13.30 - 14.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 13.30 - 14.30 | Sala D
  FREE BODY
- 14.45 - 15.45 | Sala A
  TONE & G.A.G.
- 17.30 – 18.30 | Sala A
  TONE & G.A.G.
- 18.30 - 19.30 | Sala A
  TOTAL BODY
- 18.30 - 19.30 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 18.30 - 19.30 | Sala B
  AEQUILIBRIUM MET.PILATES
- 19.30 - 20.30 | Sala D
  TONIFICAZIONE (MET. TABATA)
- 19.30 - 20.30 | Sala A
  FUNCTIONAL H.I.I.T.
- 19.30 - 20.30 | Sala B
  TOTAL BODY

Mercoledì

- 7.10 – 8.10 | Sala A
  CROSS TRAINING
- 8.30 – 9.30 | Sala A
  MOBILITY TRAINING
- 09.30 – 10.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 10.30 - 11.30 | Sala A
  AERO GYM
- 10.45 - 11.45 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 11.30 – 12.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 11.45 - 12.45 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 13.30 – 14.30 | Sala B
  AEQUILIBRIUM MET.PILATES
- 13.30 - 14.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 14.45 - 15.45 | Sala A
  CIRCUIT TOTAL BODY
- 17.30 – 18.30 | Sala A
  TOTAL BODY
- 18.00 - 19.00 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 18.30 - 19.30 | Sala B
  AEQUILIBRIUM MET.PILATES
- 18.30 - 19.30 | Sala A
  TONE & GAG
- 19.00 - 20.00 | Sala D
  TONIFICAZIONE (MET. TABATA)
- 19.30 - 20.30 | Sala A
  AEQUILIBRIUM MET.POSTURALE
- 20.00 - 21.00 | Sala D
  AEQUILIBRIUM MET.PILATES

Venerdì

- 7.10 – 8.10 | Sala A
  CROSS TRAINING
- 8.30 – 9.30 | Sala A
  CIRCUIT TRAINING
- 09.30 – 10.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 10.30 - 11.30 | Sala A
  AERO GYM
- 10.45 - 11.45 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 11.30 - 12.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 11.45 – 12.45 | Sala D
  DYNAMIC GYM
- 13.30 - 14.30 | Sala A
  AEQUILIBRIUM MET.PILATES
- 14.45 - 15.45 | Sala A
  TONE & G.A.G.
- 17.30 - 18.30 | Sala A
  TOTAL BODY CIRCUIT
- 18.00 - 19.00 | Sala B
  AEQUILIBRIUM MET.PILATES
- 18.00 - 19.00 | Sala D
  AEQUILIBRIUM MET.POSTURALE
- 18.30 - 19.30 | Sala A
  TONE & G.A.G.
- 19.00 - 20.00 | Sala D
  TONIFICAZIONE (MET. TABATA)
- 19.30 - 20.30 | Sala A
  FUNCTIONAL H.I.I.T.
- 19.30 - 20.30 | Sala B
  TONE & G.A.G.
- 20.00 - 21.00 | Sala D
  AEQUILIBRIUM MET.PILATES

PLANNING THE BOX

Lunedì

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

Mercoledì

- 13.30 – 14.30
  FUNZIONALE
- 16.30 - 18.00
  CALISTHENICS
- 18.00 - 19.30
  CALISTHENICS
- 19.30 - 20.30
  CROSS TRAINING

Venerdì

- 13.30 – 14.30
  CROSS TRAINING
- 16.30 - 18.00
  CALISTHENICS
- 18.00 - 19.30
  CALISTHENICS
- 19.30 - 20.30
  CROSS TRAINING

PLANNING ACQUAFITNESS

Lunedì

- 7.30 - 8.20 | TONE
- 9.40 - 10.30 | CIRCUIT
- 10.30 - 11.20 | G.A.G.
- 13.30 - 14.20 | MUSIC
- 18.30 - 19.20 | KICK
- 19.20 - 20.10 | AEROBIC

Mercoledì

- 7.30 - 8.20 | CIRCUIT
- 8.20 - 9.10 | TONE
- 10.30 - 11.20 | STEP
- 13.30 - 14.20 | AEROBIC
- 18.40 - 20.40 | IDROFITNESS

Venerdì

- 7.30 - 8.20 | MUSIC
- 9.00 - 9.50 | INTERVAL
- 11.00 - 11.50 | STEP
- 12.30 - 13.20 | CIRCUIT
- 14.30 - 15.20 | G.A.G.
- 18.35 – 19.25 | MUSIC
- 19.25 – 20.15 | 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)

ymca prime sport club

Martedì	Giovedì	Sabato
7.10 - 8.10 | Sala A STEP & TONE	7.10 - 8.10 | Sala A STEP & TONE	9.15 – 10.15 | Sala A AEQUILIBRIUM MET.POSTURALE
9.00 - 10.00 | Sala A AEQUILIBRIUM MET.PILATES	9.00 - 10.00 | Sala A AEQUILIBRIUM MET.PILATES	10.15 - 11.15 | Sala A AEQUILIBRIUM MET.PILATES
10.00 - 11.00 | Sala D TONE UP	10.00 - 11.00 | Sala D TOTAL BODY	10.30 – 11.30 | Sala D POWER YOGA
10.00 - 11.00 | Sala A SOFT GYM	10.00 – 11.00 | Sala A SOFT GYM	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	11.30 – 12.30 | Sala D AEQUILIBRIUM MET.POSTURALE
13.30 - 14.30 | Sala A TONE & G.A.G.	13.30 - 14.30 | Sala A TONE & G.A.G.	11.15 – 12.15 | Sala A G.A.G.
17.00 - 18.00 | Sala A DIFESA PERSONALE	17.00 - 18.00 | Sala A DIFESA PERSONALE	12.15 – 13.15 | Sala A STEP DANCE
17.00 – 18.00 | Sala B AEQUILIBRIUM MET.POSTURALE	17.00 – 18.00 | Sala B AEQUILIBRIUM MET.POSTURALE	**Domenica**
17.45 - 18.45 | Sala D AEQUILIBRIUM MET.PILATES	17.45 - 18.45 | Sala D AEQUILIBRIUM MET.PILATES	9.30 - 10.30 | Sala A G.A.G.
18.00 - 19.00 | Sala A CIRCUIT TRAINING	18.00 - 19.00 | Sala A CIRCUIT TRAINING	10.30 - 11.30 | Sala A TOTAL BODY
18.00 - 19.00 | Sala B AEQUILIBRIUM MET.POSTURALE	18.00 - 19.00 | Sala B POWER YOGA	11.30 - 12.30 | Sala A AEQUILIBRIUM MET.PILATES
19.00 - 20.00 | Sala B POWER YOGA	19.00 - 20.00 | Sala B AEQUILIBRIUM MET.POSTURALE	
19.00 - 20.00 | Sala D AEQUILIBRIUM MET.POSTURALE	19.00 - 20.00 | Sala D AEQUILIBRIUM MET.POSTURALE	
19.15 - 20.15 | Sala A STEP & TONE	19.15 - 20.15 | Sala A STEP & TONE	
20.00 – 21.00 | Sala B POWER YOGA	20.15 – 21.15 | Sala A AEQUILIBRIUM MET.PILATES	
20.15 – 21.15 | Sala A AEQUILIBRIUM MET.PILATES	20.15 - 21.15 | Sala D PREPUGILISTICA	
20.15 - 21.15 | Sala D PREPUGILISTICA	20.15 - 21.15 | Sala B AEQUILIBRIUM MET.PILATES	

PLANNING THE BOX

		Sabato
13.10 - 14.10 CROSS TRAINING	13.10 - 14.10 CROSS 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	

PLANNING ACQUAFITNESS

		Sabato
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	**Domenica**
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

Nuoto 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