

## Lunedì

## Mercoledì

## Venerdì

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

## PLANNING THE BOX

16.30 - 18.00 CALISTHENICS	13.30 – 14.30 FUNZIONALE	13.30 – 14.30 CROSS TRAINING
18.00 - 19.30 CALISTHENICS	16.30 - 18.00 CALISTHENICS	16.30 - 18.00 CALISTHENICS
19.30 - 20.30 CROSS TRAINING	18.00 - 19.30 CALISTHENICS	18.00 - 19.30 CALISTHENICS
	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   INTERVAL
10.30 - 11.20   G.A.G.	10.30 - 11.20   STEP	11.00 - 11.50   STEP
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	14.40 – 15.30   G.A.G.
19.20 - 20.10   AEROBIC		18.35 – 19.25   MUSIC

# 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 D TONE UP
10.00 - 11.00   Sala A 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 DIFESA PERSONALE
17.00 - 18.00   Sala B AEQUILIBRIUM MET.POSTURALE
17.45 - 18.45   Sala D AEQUILIBRIUM MET.PILATES
18.00 - 19.00   Sala A CIRCUIT TRAINING
18.00 - 19.00   Sala B AEQUILIBRIUM MET.POSTURALE
19.00 - 20.00   Sala B POWER YOGA
19.00 - 20.00   Sala D AEQUILIBRIUM MET.POSTURALE
19.15 - 20.15   Sala A STEP & TONE
20.00 - 21.00   Sala B AEQUILIBRIUM MET.PILATES
20.15 - 21.15   Sala A AEQUILIBRIUM MET.PILATES
20.15 - 21.15   Sala D PREPUGILISTICA

## Giovedì

7.10 - 8.10   Sala A STEP & TONE
9.00 - 10.00   Sala A AEQUILIBRIUM MET.PILATES
10.00 - 11.00   Sala D TOTAL BODY
10.00 - 11.00   Sala A 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 DIFESA PERSONALE
17.00 - 18.00   Sala B AEQUILIBRIUM MET.POSTURALE
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 B AEQUILIBRIUM MET.POSTURALE
19.00 - 20.00   Sala D AEQUILIBRIUM MET.POSTURALE
19.15 - 20.15   Sala A STEP & TONE
20.15 - 21.15   Sala A AEQUILIBRIUM MET.PILATES
20.15 - 21.15   Sala D PREPUGILISTICA
20.15 - 21.15   Sala B AEQUILIBRIUM MET.PILATES

## Sabato

09.15 - 10.15   Sala D AEQUILIBRIUM MET.PILATES
9.15 - 10.15   Sala A AEQUILIBRIUM MET.POSTURALE
10.15 - 11.15   Sala A AEQUILIBRIUM MET.PILATES
10.30 - 11.30   Sala D POWER YOGA
10.30 - 11.30   Sala B AEQUILIBRIUM MET.PILATES
11.30 - 12.30   Sala D AEQUILIBRIUM MET.POSTURALE
11.15 - 12.15   Sala A G.A.G.
12.00 - 13.00   Sala B TOTAL BODY
12.15 - 13.15   Sala A STEP DANCE

## Domenica

9.30 - 10.30   Sala A G.A.G.
10.30 - 11.30   Sala A TOTAL BODY
11.30 - 12.30   Sala A AEQUILIBRIUM MET.PILATES

**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  
Sab e Dom 08.30-19.30

**Nuoto Assistito**  
Lun e Merc 07.00-15.30 / 19.00-21.00  
Giov 07.00-16.00 / 19.00-21.00  
Mart e Ven 07.00-16.00 / 20.00-21.00  
Sab 12.30-16.30 | Dom 9.00-13.00

## PLANNING THE BOX

13.10 - 14.10 CROSS TRAINING
18.00 - 19.30 CALISTHENICS
19.30 - 21.00 CALISTHENICS

13.10 - 14.10 CROSS TRAINING
18.00 - 19.30 CALISTHENICS
19.30 - 21.00 CALISTHENICS

## Sabato

10.30 - 12.00 CALISTHENICS
12.00 - 13.30 CALISTHENICS

## PLANNING ACQUAFITNESS

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

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

## Sabato

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

## Domenica

09.10 - 10.00   MUSIC
10.00 - 10.50   STEP
10.50 - 11.40   AEROBIC
11.40 - 12.30   TONE