

PLANNING FITNESS (SALA A, B, D) 2023-2024 ESTIVO



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
8.15 – 9.15 Sala A METABOLIC TRAINING	8.15 – 9.15 Sala A MOBILITY TRAINING	8.15 – 9.15 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
10.45 - 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.POSTURALE	11.30 - 12.30 Sala A AEQUILIBRIUM MET.POSTURALE	11.30 - 12.30 Sala A AEQUILIBRIUM MET.POSTURALE
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
13.30 - 14.30 Sala D CORPO LIBERO	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.	18.30 - 19.30 Sala A TONE & GAG	18.00 - 19.00 Sala B AEQUILIBRIUM MET.PILATES
18.30 - 19.30 Sala A TOTAL BODY	18.00 - 19.00 Sala D AEQUILIBRIUM MET.POSTURALE	18.00 - 19.00 Sala D AEQUILIBRIUM MET.POSTURALE
18.30 - 19.30 Sala D AEQUILIBRIUM MET.POSTURALE	18.30 - 19.30 Sala B AEQUILIBRIUM MET.PILATES	18.30 - 19.30 Sala A TONE & G.A.G.
18.30 - 19.30 Sala B AEQUILIBRIUM MET.PILATES	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)
19.30 - 20.30 Sala D TONIFICAZIONE (MET. TABATA)	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 A FUNCTIONAL H.I.I.T.	20.00 - 21.00 Sala D AEQUILIBRIUM MET.PILATES	

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 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 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) 2023-2024 ESTIVO



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
10.45 - 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 AEQUILIBRIUM MET.POSTURALE	11.45 – 12.45 Sala D DYNAMIC GYM
13.30 – 14.30 Sala B AEQUILIBRIUM MET.PILATES	13.30 – 14.30 Sala D AEQUILIBRIUM MET.PILATES	13.30 – 14.30 Sala D 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
13.30 - 14.30 Sala D FREE BODY	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 TOTAL BODY CIRCUIT
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 B AEQUILIBRIUM MET.PILATES	18.00 - 19.00 Sala D AEQUILIBRIUM MET.POSTURALE
18.30 - 19.30 Sala D AEQUILIBRIUM MET.POSTURALE	18.30 - 19.30 Sala A TONE & GAG	18.30 - 19.30 Sala A TONE & G.A.G.
18.30 - 19.30 Sala B AEQUILIBRIUM MET.PILATES	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)
19.30 - 20.30 Sala D TONIFICAZIONE (MET. TABATA)	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 A FUNCTIONAL H.I.I.T.	20.00 - 21.00 Sala D AEQUILIBRIUM MET.PILATES	19.30 - 20.30 Sala B TONE & G.A.G.
19.30 - 20.30 Sala B TOTAL BODY		20.00 - 21.00 Sala D AEQUILIBRIUM MET.PILATES

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	9.15 - 10.00 MUSIC	9.10 - 10.00 AEROBIC
10.50 - 11.40 CIRCUIT	10.00 - 10.50 STEP	10.00 - 10.50 INTERVAL
12.30 - 13.20 G.A.G.	13.30 - 14.20 MUSIC	13.30 - 14.20 G.A.G.
13.30 - 14.20 CIRCUIT	17.30 - 19.30 IDROFITNESS	17.30 - 18.20 MUSIC
17.30 - 18.20 MUSIC		18.20 - 19.10 STEP
18.20 - 19.10 KICK		
19.10 - 20.00 AEROBIC		