

PLANNING FITNESS (SALA A, B, D) 2024 – 2025



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 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.	17.30 – 18.30 Sala B AEQUILIBRIUM MET.PILATES	18.00 - 19.00 Sala B AEQUILIBRIUM MET.PILATES
17.30 – 18.30 Sala B AEQUILIBRIUM MET.PILATES	18.00 - 19.00 Sala D AEQUILIBRIUM MET.POSTURALE	18.00 - 19.00 Sala D AEQUILIBRIUM MET.POSTURALE
18.30 - 19.30 Sala A TOTAL BODY	18.30 - 19.30 Sala B AEQUILIBRIUM MET.PILATES	18.30 - 19.30 Sala A TONE & G.A.G.
18.30 - 19.30 Sala D AEQUILIBRIUM MET.POSTURALE	18.30 - 19.30 Sala A TONE & GAG	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)
18.30 - 19.30 Sala B AEQUILIBRIUM MET.PILATES	19.00 - 20.00 Sala D TONIFICAZIONE (MET. TABATA)	19.30 - 20.30 Sala A POWER YOGA
19.30 - 20.30 Sala D TONIFICAZIONE (MET. TABATA)	19.30 - 20.30 Sala B TONE & G.A.G.	
19.30 - 20.30 Sala A FUNCTIONAL H.I.I.T.	19.30 - 20.30 Sala A AEQUILIBRIUM MET.POSTURALE	
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	7.30 - 8.20 CIRCUIT	7.30 – 08.20 MUSIC
09.40 – 10.30 CIRCUIT	8.20 - 09.10 TONE	9.00 – 09.50 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	14.45 – 15.35 G.A.G.
19.20 – 20.10 AEROBIC		18.30 – 19.20 MUSIC
		19.20 – 20.10 CIRCUIT

PLANNING FITNESS (SALA A, B, D e OUTDOOR) 2024-2025



Martedì

Giovedì

Sabato

7.10 - 8.10 Sala A STEP & TONE	7.10 - 8.10 Sala A STEP & TONE	09.00 - 10.00 Sala D AEQUILIBRIUM MET.PILATES
9.00 - 10.00 Sala A AEQUILIBRIUM MET.PILATES	9.00 - 10.00 Sala A AEQUILIBRIUM MET.PILATES	9.15 - 10.15 Sala A AEQUILIBRIUM MET.POSTURALE
10.00 - 11.00 Sala D TONE UP	10.00 - 11.00 Sala D TOTAL BODY	10.15 - 11.15 Sala A AEQUILIBRIUM MET.PILATES
10.00 - 11.00 Sala A SOFT GYM	10.00 - 11.00 Sala A SOFT GYM	10.30 - 11.30 Sala D POWER YOGA
11.00 - 12.00 Sala A SOFT GYM	11.00 - 12.00 Sala A SOFT GYM	11.15 - 12.15 Sala A G.A.G.
13.30 - 14.30 Sala A TONE & G.A.G.	13.30 - 14.30 Sala A TONE & G.A.G.	11.30 - 12.30 Sala D AEQUILIBRIUM MET.POSTURALE
17.45 - 18.45 Sala D AEQUILIBRIUM MET.PILATES	17.45 - 18.45 Sala D AEQUILIBRIUM MET.PILATES	12.15 - 13.15 Sala A STEP DANCE
18.15 - 19.15 Sala A CARDIO AE.PILATES	18.00 - 19.00 Sala B POWER YOGA	Domenica
18.00 - 19.00 Sala B AEQUILIBRIUM MET.POSTURALE	18.15 - 19.15 Sala A CARDIO AE.PILATES	
19.00 - 20.00 Sala B POWER YOGA	19.00 - 20.00 Sala B AEQUILIBRIUM MET.POSTURALE	9.30 - 10.30 Sala A G.A.G.
19.15 - 20.15 Sala D AEQUILIBRIUM MET.POSTURALE	19.15 - 20.15 Sala D AEQUILIBRIUM MET.POSTURALE	10.30 - 11.30 Sala A TOTAL BODY
19.15 - 20.15 Sala A STEP & TONE	19.15 - 20.15 Sala A STEP & TONE	10.45 - 11.45 Sala D AEQUILIBRIUM MET.PILATES
20.15 - 21.15 Sala A AEQUILIBRIUM MET.PILATES	20.15 - 21.15 Sala A AEQUILIBRIUM MET.PILATES	11.30 - 12.30 Sala A AEQUILIBRIUM MET.PILATES
20.15 - 21.15 Sala D PREPUGILISTICA	20.15 - 21.15 Sala D PREPUGILISTICA	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 07.00 - 16.00 / 19.00 - 21.00 Mart e Ven 07.00 - 16.00 / 20.00 - 21.00 Merc - Giov 07.00 - 15.00 / 19.00 - 21.00 Sab 12.30-16.30 e Dom 09.00-13.30

PLANNING THE BOX

18.00 - 19.30 CALISTHENICS	18.00 - 19.30 CALISTHENICS	10.30 - 12.00 CALISTHENICS
19.30 - 21.00 CALISTHENICS	19.30 - 21.00 CALISTHENICS	12.00 - 13.30 CALISTHENICS

PLANNING ACQUAFITNESS

8.30 - 9.20 STEP	8.30 - 9.20 CIRCUIT	9.00 - 09.45 AEROBIC
09.20 - 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	
18.30 - 19.20 G.A.G.	19.20 - 20.10 AEROBIC	09.00 - 09.45 MUSIC
19.20 - 20.10 STEP		09.45 - 10.30 STEP
		10.30 - 11.15 AEROBIC
		11.15 - 12.00 TONE

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

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