

# 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 B FUNZIONALE	19.30 - 20.30   Sala A AEQUILIBRIUM MET.POSTURALE	
19.30 - 20.30   Sala A 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

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
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.
17.45 - 18.45   Sala D AEQUILIBRIUM MET.PILATES
18.15 - 19.15   Sala A CARDIO AE.PILATES
18.00 - 19.00   Sala B AEQUILIBRIUM MET.POSTURALE
19.00 - 20.00   Sala B POWER YOGA
19.15 - 20.15   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

## 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.
17.45 - 18.45   Sala D AEQUILIBRIUM MET.PILATES
18.00 - 19.00   Sala B POWER YOGA
18.15 - 19.15   Sala A CARDIO AE.PILATES
19.00 - 20.00   Sala B AEQUILIBRIUM MET.POSTURALE
19.15 - 20.15   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

## Sabato

09.00 - 10.00   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	
11.15 - 12.15   Sala A G.A.G.	
11.30 - 12.30   Sala D AEQUILIBRIUM MET.POSTURALE	
12.15 - 13.15   Sala A STEP DANCE	
<b>Domenica</b>	
9.30 - 10.30   Sala A G.A.G.	
10.30 - 11.30   Sala A TOTAL BODY	
10.45 - 11.45   Sala D AEQUILIBRIUM MET.PILATES	
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 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
19.30 - 21.00 CALISTHENICS

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
09.20 - 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.
11.05 - 11.55   TONE
13.40 - 14.30   MUSIC
14.45 - 15.35   TONE
18.30 - 19.20   STEP
19.20 - 20.10   AEROBIC

## Sabato

9.00 - 09.45   AEROBIC	
12.40 - 14.10   IDROFITNESS	
14.10 - 15.40   IDROFITNESS	
<b>Domenica</b>	
09.00 - 09.45   MUSIC	
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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