

# PLANNING FITNESS (SALA A, B, D) 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
11.30 – 12.30   Sala B 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 DYNAMIC GYM
11.45 - 12.45   Sala D 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	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 B AEQUILIBRIUM MET.PILATES	17.30 - 18.30   Sala A TOTAL BODY CIRCUIT
14.45 - 15.45   Sala A TONE & G.A.G.	17.30 – 18.30   Sala A TOTAL BODY	18.00 - 19.00   Sala B AEQUILIBRIUM MET.PILATES
17.30 – 18.30   Sala D AEQUILIBRIUM MET.PILATES	18.00 - 19.00   Sala D AEQUILIBRIUM MET.POSTURALE	18.00 - 19.00   Sala D AEQUILIBRIUM MET.POSTURALE
17.30 – 18.30   Sala A TONE & G.A.G.	18.30 - 19.30   Sala B AEQUILIBRIUM MET.PILATES	18.30 - 19.30   Sala A TONE & G.A.G.
18.30 - 19.30   Sala A TOTAL BODY	18.30 - 19.30   Sala A TONE & GAG	19.00 - 20.00   Sala D TONIFICAZIONE (MET. TABATA)
18.30 - 19.30   Sala D AEQUILIBRIUM MET.POSTURALE	19.30 – 20.30   Sala B TONE & GAG	19.30 - 20.30   Sala A TONE & G.A.G.
18.30 - 19.30   Sala B AEQUILIBRIUM MET.PILATES	19.00 - 20.00   Sala D TONIFICAZIONE (MET. TABATA)	19.30 - 20.30   Sala B POWER YOGA
19.30 - 20.30   Sala D TONIFICAZIONE (MET. TABATA)	19.30 - 20.30   Sala A AEQUILIBRIUM MET.POSTURALE	20.00 - 21.00   Sala D AEQUILIBRIUM MET.PILATES
19.30 - 20.30   Sala A TOTAL BODY	20.00 - 21.00   Sala D AEQUILIBRIUM MET.PILATES	
19.30 - 20.30   Sala B FUNCTIONALE		

## 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   G.A.G.	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   AEROBIC
18.20 – 19.10   KICK		
19.10 – 20.00   AEROBIC		

# 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 & G.A.G.
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 AEQUILIBRIUM MET.POSTURALE
17.00 - 18.00   Sala B AEQUILIBRIUM MET.PILATES
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
20.00 - 21.00   Sala B AEQUILIBRIUM MET.POSTURALE
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 AEQUILIBRIUM MET.POSTURALE
17.45 - 18.45   Sala D AEQUILIBRIUM MET.PILATES
18.15 - 19.15   Sala A CARDIO AE.PILATES
18.00 - 19.00   Sala B POWER YOGA
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
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.
12.15 - 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
10.45 - 11.45   Sala D AEQUILIBRIUM MET.POSTURALE

**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 07.30-20.00  
Mart 08.00-20.30  
Merc 08.30-19.30  
Giov 07.30-19.30  
Ven 09.00-19.30  
Sab- Dom 09.00-19.30

## 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

8.20 - 9.10   INTERVAL
11.00 - 11.50   G.A.G
13.40 - 14.30   MUSIC
14.30 - 15.20   CIRCUIT
18.00-18.50   CIRCUIT
18.50 - 19.40   MUSIC

7.30 - 8.20   G.A.G.
10.10 - 11.00   AEROBIC
13.50 - 14.40   MUSIC
17.50 - 18.40   STEP
18.40 - 19.30   AEROBIC

## Sabato

9.30 - 10.15   AEROBIC
10.15 - 11.00   MUSIC
11.00 - 13.00   IDROFITNESS

## Domenica

09.15 - 10.00   STEP
10.00 - 10.45   AEROBIC
10.45 - 11.30   MUSIC
11.30 - 12.15   G.A.G.

## BALNEAZIONE

Lunedì/Domenica dalle 9:00 alle 19:30

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

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