

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
09:15-10:00 GINNASTICA DOLCE	09:00-09:50 PILATES REFORMER	09:15-10:00 STRETCHING	09:15-10:00 CYCLE BURN	09:15-10:00 YOGA	11:00-11:45 TREKKMILL
09:30-10:15 GESTANTI IN ACQUA	09:15-10:00 PANCAFIT	10:15-11:00 PILATES	10:15-11:00 ACQUAGYM	09:30-10:15 ACQUAGYM	12:00-13:00 NUOTO MASTER
09:30-10:15 ACQUAGYM	09:15-10:15 NUOTO ADULTI	10:15-11:00 HYDROBIKE	11:00-11:50 PILATES REFORMER	09:30-10:15 NUOTO ADULTI	
10:15-11:00 TOTAL BODY	10:15-11:00 POSTURALE		12:50-13:35 YOGA	10:15-11:00 PANCAFIT	
10:15-11:00 ACQUATREADMILL	10:15-11:00 ACQUAGYM		12:50-13:35 ACQUAGYM	12:45-13:15 GYM BODY TRAINING	
12:45-13:15 GYM BODY TRAINING	12:50-13:35 ACQUAGYM	12:50-13:35 BOXE TONE	14:00-14:45 ACQUAGYM DOLCE	12:50-13:35 ACQUATREADMILL	
12:50-13:35 PANCAFIT	12:50-13:35 PILATES	12:50-13:35 STEP & BIKE REVOLUTION	14:45-15:30 ACQUAGYM DOLCE		
12:50-13:35 ACQUAGYM	13:30-14:15 ACQUAGYM DOLCE		14:45-15:15 GYM BODY TRAINING	16:30-17:20 PILATES REFORMER	
13:00-13:50 PILATES REFORMER	14:45-15:15 GYM BODY TRAINING	18:15-19:00 PILATES	15:00-15:50 PILATES REFORMER	17:30-18:15 PILATES	
13:00-13:45 NUOTO ADULTI	18:15-19:00 TOTAL BODY	18:15-19:00 ACQUADANCE	18:15-19:00 GAG	18:10-18:55 GESTANTI IN ACQUA	
18:10-18:55 TABATA DANCE	18:30-19:15 TREKKMILL	19:00-19:45 CALISTHENICS	19:00-19:45 FIT DANCE	18:15-19:00 PANCA POSTURAL	
18:15-19:00 YOGA	19:00-19:45 STEP	19:00-19:45 YOGA	19:00-19:45 TREKKMILL	18:30-19:15 ACQUAGYM	
19:00-19:45 PANCAFIT	19:00-19:45 PILATES	19:00-19:45 WATER TABATA CIRCUIT	19:00-19:45 ACQUATREADMILL	19:00-19:45 CALISTHENICS	
19:00-19:45 HIDROBIKE	19:30-20:15 CYCLE BURN	19:30-20:15 NUOTO ADULTI	19:00-19:50 PILATES REFORMER	19:30-20:15 NUOTO ADULTI	
19:10-19:55 TOTAL STRENGTH	19:30-20:30 NUOTO MASTER	20:15-21:00 NUOTO ADULTI	19:30-20:30 NUOTO MASTER		
19:30-20:15 NUOTO ADULTI	20:00-20:45 ACQUAGYM		20:00-20:45 CYCLE BURN		
20:00-20:45 ACTIVE BALANCE	20:00-20:50 PILATES REFORMER		20:00-20:45 ACQUASTEP		

PLANNING CORSI 2024

- Corsi Fitness
- Corsi Acqua Fitness
- Corsi Premium
- Corsi di Nuoto e Master
- Corsi Gestanti in Acqua
- Pilates Reformer



ORARIO DI APERTURA E NUOTO LIBERO
 LUN - VEN 09.00 - 2130
 SAB 09.00 - 18.30
 DOM 09.00 - 13.30