



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07.15 EXTREME TRAINING	07.45 A GYM	07.15 EXTREME TRAINING	09.00 BASIC GYM	07.15 EXTREME TRAINING	09.00 GESTANTI
09.00 BASIC GYM	08.30 FAST BIKE	09.00 GESTANTI	09:15 EASY H.X.P.	09.15 BASIC GYM	10.00 EXTREME TRAINING
09.45 A-GYM	09.15 BASIC GYM	09.15 EXTREME TRAINING	09.45 TONIC-GYM	09.15 EXTREME TRAINING	11.00 COMPETITOR
09.45 A-GYM	10.00 A GYM	09.15 BASIC BIKE	09.45 A-GYM	10.00 A-GYM	11.45 A-GYM
10:15 EASY H.X.P.	10.00 A-CIRCUIT	10.00 A-GYM	10.15 H.X.P. CIRCUIT	10.15 EASY H.X.P.	12.30 MARATHON
10.45 A-TRAINING	10.15 H.X.P. CIRCUIT	10.15 EASY H.X.P.	10.45 A-RUN	10.45 BIKE CIRCUIT	13.30 BIKE TRAINING
10.45 AQUABIKE	10.45 A-JUMP	10.45 A-STEP	10.45 A-TRAINING	12:15 COMPETITOR OPEN	
12.15 COMPETITOR OPEN	10.45 AQUABIKE	12.15 COMPETITOR OPEN	11.15 EXTREME TRAINING	12.45 FAST GYM	DOMENICA
12.45 FAST GYM	11.15 EXTREME TRAINING	12.45 FAST BIKE	12.15 EXTREME TRAINING	13.00 CROSS TRAINING	
13.10 A-POWER 50	12.15 EXTREME TRAINING	13.15 EXTREME TRAINING	13.00 A-GAG	13.15 EXTREME TRAINING	
13.15 EXTREME TRAINING	12.45 MINI GAG	13:15 BEGINNER	13.15 COMPETITOR OPEN	13.15 BEGINNER	10.00 EXTREME TRAINING
13.15 AQUABIKE	13:15 COMPETITOR OPEN	13.15 A-GYM	13:15 BEGINNER	13.20 A-GYM	10.45 A-GYM
13.15 BEGINNER	13.15 A-GYM	13.30 SURFIT POWER	13.50 A-RUN	14.00 ABDOMINAL	11.30 JOLLY
14.00 ABDOMINAL	13:15 BEGINNER	14.00 SURFIT ZEN	14.30 A-GYM	14.30 BIKE&ADD	12.00 COMPETITOR
14.30 CROSS TRAINING	14.00 A-JUMP	14.00 ABDOMINAL	18.20 FAST BIKE	17.30 EXTREME TRAINING	
14.30 AQUABIKE	14.30 JUMP CIRCUIT	14.30 SURFIT ANGEL&DEVIL	18.30 A-GYM	18.30 EXTREME TRAINING	
17.30 EXTREME TRAINING	18.20 BIKE EXTREME	14.30 AQUABIKE	18.30 EXTREME TRAINING	18.30 A-GYM	
18.20 FAST BIKE	18.20 CROSS TRAINING	17:30 EXTREME TRAINING	18.50 FAST BIKE	19.30 COMPETITOR	
18.30 A-GYM	18.30 A-GYM	18.30 A-GYM	19.15 A-CIRCUIT	19.15 A-POWER 50	
18:30 OBSTACLE RUN	18:30 EXTREME TRAINING	18:30 OBSTACLE RUN	19.20 FAST BIKE	19.15 AQUABIKE	
18.50 FAST BIKE	19.05 CROSS TRAINING	18.45 PILOX CROSS TRAINING	19.30 EXTREME TRAINING	19:45 PUGILATO ADULTI	
19.15 CROSS CIRCUIT	19.15 A-GAG	19.15 CROSS CIRCUIT	19:30 THAI BOXE	19.45 KUNG FU ADULTI	
19.20 FAST BIKE	19.30 EXTREME TRAINING	19.30 COMPETITOR	20.05 SURFIT POWER	20.05 A-GYM	
19.30 COMPETITOR	19.30 THAI BOXE	19.45 PUGILATO ADULTI		20:30 EXTREME TRAINING	
19.45 PUGILATO ADULTI	20.05 AQUABIKE	20.05 ACQUAPOLE			
19.45 KUNG FU ADULTI		20.30 EXTREME TRAINING			
20.05 A-JUMP					
20.30 EXTREME TRAINING					

VASCA GYM	VASCA SPORT	VASCA FUN	POLO - CORSI A SECCO
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LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
06.45 PUMP	06.45 PILATES	06.45 PUMP	06.45 GAG	06.45 PUMP	09.00 PILATES
08.00 INTERVAL STEP	07.00 F1 ASHTANGA YOGA	08.00 POSTURAL	07.00 F1 ASHTANGA YOGA	08.00 YOGA PILATES	10.00 FUNCTIONAL TRAINING
09.00 GAG2	08.00 SPINNING	09.00 STEP BASE	08.00 PILATES	09.00 AERODANCE 2	10.00 ZUMBA FIT
09.15 T1 POSTURAL	09.00 TOTAL TONE 3	09.15 T1 POSTURAL	09.00 STEP COREO	09.15 T1 POSTURAL	10.00 WALKING
09.30 FUNCTIONAL TRAINING	09.15 F1 PILATES 1	09.30 FUNCTIONAL TRAINING	09.15 F1 PILATES 1	09.30 FUNCTIONAL TRAINING	11.00 TRX POWER (30')
10.00 PUMP	09.30 DYNAMIC CORE	10:00 HIP POP	09.30 DYNAMIC CORE	10.15 T2 TABATA TRAINING	11.00 HOC
10.15 T2 PILATES ABD/LEGS	10.15 F2 CORE & TONE	10.15 T2 PILATES ABD/LEGS	09.30 WALK & TONE	10.30 HIIT	11.00 GROUP CYCLING
10.30 HIIT	10.15 WALKING	10.30 HIIT	10.15 F2 CORE & TONE	11.15 METABOLIC TRAINING	11.30 SUPER GAG
11.15 METABOLIC TRAINING	10.30 HIDRON BLAST	11.15 SPINN/WALK	10.30 HIDRON BLAST	11.30 ZUMBA	12:00 GROUP CYCLING
11.30 / 13.00 D.I.Y.	11.15 HIP POP	11.30 / 13:00 D.I.Y.	10.30 WALK & FAT BURN	11.30 GAG	12.00/18.30 D.I.Y.
12.00 STABILITY CORE	11.30 / 13:00 D.I.Y.	12.00 F2 PILATES 2	11.30 TOTAL TONE 3	11.30 / 13.00 D.I.Y.	13.15 GAG
12.45 WALKING 40'	12.45 C3 SIX PACKS W. (30')	12.45 T3 GAG	11.30 / 13.00 D.I.Y.	12.00 F2 PILATES	14.15 PUMP 3
12:45 T3 CARDIO BOXE	13.15 SPINNING VIDEO RIDE	13.15 TACFIT	12.45 T3 TRX TRAINING (30')	12.45 WALKING 40'	15.15 HIP HOP
13.15 TACFIT	13.15 TACFIT (FLOWFIT)	13.15 TRX vs ABD	13:00 F3 ASHTANGA MYSORE CLASS	12.45 T2 STEP FAST	
13.15 C3 FAT BURN	13.15 T3 H.P.CIRCUIT	13.30 WALKING	13.15 TACFIT (FLOWFIT)	13.15 C3 GLOBAL TONE	DOMENICA
13.30 GROUP CYCLING	13:15 F3 VINYASA YOGA	14.00 TOTAL TONE 3	13.15 GYC FUSION	13.15 TACFIT	
13.30 C2 T.B.W	14.00 PILATES	14.15/17.00 D.I.Y.	13.15 PILOXING-KNOCKOUT	13.15 F1 VINYASA YOGA	
14.15/17.00 D.I.Y.	14.15/18.00 D.I.Y.	15.30 GAG 2	13.15 C2 ZUMBA FITNESS	13.30 GROUP CYCLING	09:15 PILATES
14.30 PUMP 3	15.30 PUMP	16.30 PUMP 2	14.00 GAG	14.00 TOTAL TONE 2	10.00/14.00 D.I.Y.
15.30 SPINNING 2	16.30 TOTAL TONE 3	17.00 HIDRON AB METHOD	14.15/18.00 D.I.Y.	14.15/17.00 D.I.Y.	10.15 TOTAL TONE
16.30 GAG 2	17.45 F1 POSTURAL	18.00 GROUP CYCLING	15.30 TOTAL TONE 3	15.30 PUMP 3	11.15 GAG
17.00 HIDRON AB METHOD	18.00 WALKING	18.00 T2 T.B.W.	16.30 PUMP 3	17.00 HIDRON AB METHOD	12.15 VT SPINNING 2
18.00 GROUP CYCLING	18.00 POWER TRAINING	18.00 HOC	17.45 POSTURAL SPECIAL	18.30 T3 ENERGY BODY W.	13.15 HIP HOP
18.00 T3 T.B.W.	18.30 T3 BODY & PUMP	19.00 C2 STEP DANCE	18.00 WALKING	18.30 GROUP CYCLING	14.10 PUMP 3
18.00 HOC	19.00 WALKING	19.00 GROUP CYCLING	18.00 POWER TRAINING	19.00 TACFIT (CLUBBELL)	
18.50 C2 STEP DANCE	19:00 HIIT	19.00 TACFIT (CLUBBELL)	18.30 TC2 X-TEMPO	19.30 TRX/GAG	
19.00 GROUP CYCLING	19.30 C2 JUMP/GAG	19.50 F2 PILATES	19.00 WALKING	19.30 GROUP CYCLING	
19:00 TACFIT (CLUBBELL)	20.00 WALKING	20.00 TACFIT	19.00 HIIT	20.00 TACFIT	
19.45 C2 ZUMBA FITNESS	20.00/21.00 D.I.Y.	20.30 F2 VINYASA YOGA	19.30 T2 TONE CIRCUIT	20.30 F2 PILATES	
20.00 GROUP CYCLING	20.30 F2 POSTURAL		20.00 WALKING		
20.00 TACFIT	20.30 DANZA DEL VENTRE		20.00/21.00 D.I.Y.		
20.45 F1 VINYASA YOGA			20.30 F3 VINYASA YOGA		

SALA 1 - P1	SALA FUCTIONAL P1	SALA LAB P2	SALA VIRTUAL P2
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T = tonificazione ; F = Funzionale ; C = Coreografico/1,2,3 = livello di difficoltà