



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07.15 EXTREME TRAINING**	09.15 BASIC GYM	07.15 EXTREME TRAINING**	09.00 BASIC GYM	07.15 EXTREME TRAINING**	09.00 GESTANTI
08.15 BASIC GYM	09.15 BASIC EXTREME TRAINING **	08.15 BASIC GYM	09.15 EXTREME TRAINING**	09.15 BASIC GYM	10.00 EXTREME TRAINING**
09.00 BASIC GYM	10.00 A GYM	09.00 GESTANTI	10.00 TONIC-GYM	09.15 BASIC EXTREME TRAINING **	11.00 COMPETITOR
09.15 EXTREME TRAINING**	10.00 A-CIRCUIT*	09.15 EXTREME TRAINING**	10.00 A-GYM*	10.00 A-GYM*	11.45 A-GYM*
10.00 A-GYM*	10.15 EXTREME TRAINING**	09.15 BASIC BIKE*	10.15 EXTREME TRAINING**	10.15 EXTREME TRAINING**	12.30 MARATHON
10.00 A-GYM	10.50 A-JUMP*	10.00 A-GYM*	10.50 A-RUN*	10.50 BIKE CIRCUIT*	13.00/15.00 ALLENAMENTO LIBERO
10.50 A-TRAINING	10.45 AQUABIKE*	10.50 AQUABIKE*	10.50 A-TRAINING	12:15 EXTREME TRAINING**	13.30 BIKE TRAINING*
10.50 AQUABIKE*	11.15 EXTREME TRAINING**	12.45 FAST BIKE*	11.15 EXTREME TRAINING**	13.15 CROSS TRAINING*	
12.15 COMPETITOR OPEN	12.30 COMPETITOR OPEN	13.15 EXTREME TRAINING	13.00 A-GAG	13.15 EXTREME TRAINING**	DOMENICA
12.45 FAST GYM	13.15 TACFIT FLOWFIT**	13.15 A-GYM	13.15 TACFIT FLOWFIT**	13.15 A-GYM	
13.10 A-POWER 50	13.15 EXTREME TRAINING**	13.30 SURFIT POWER*	13.15 EXTREME TRAINING**	14.00 ABDOMINAL	
13.15 AQUABIKE*	13.15 A-GYM	14.00 SURFIT ZEN*	13.50 A-RUN*	14.30 BIKE&ADD*	10.00 EXTREME TRAINING**
14.00 ABDOMINAL	14.00 A-JUMP*	14.00 ABDOMINAL	14.30 A-GYM	17.30 EXTREME TRAINING**	10.45 A-GYM
14.30 AQUABIKE*	14.30 A-GYM	14.30 AQUABIKE*	18.20 FAST BIKE*	18.30 EXTREME TRAINING**	11.30 JOLLY
17.30 EXTREME TRAINING**	18.20 BIKE EXTREME**	17:30 EXTREME TRAINING**	18.30 A-GYM*	18.30 A-GYM*	
18.20 FAST BIKE*	18.20 CROSS TRAINING*	18:30 A-GYM*	18.30 EXTREME TRAINING**	19.30 OBSTACLE RUN**	
18.30 A-GYM*	18.30 A-GYM*	18.30 OBSTACLE RUN**	18.50 FAST BIKE*	19.15 A-POWER 50	
18:30 OBSTACLE RUN**	18:30 EXTREME TRAINING**	18.45 PILOX CROSS TRAINING*	19.15 A-CIRCUIT	19.15 AQUABIKE*	
18.50 FAST BIKE*	19.05 CROSS TRAINING *	19.15 CROSS CIRCUIT	19.20 FAST BIKE*	19:45 PUGILATO ADULTI	
19.15 CROSS CIRCUIT	19.15 A-GAG	19.30 EXTREME TRAINING**	19.30 EXTREME TRAINING	19.45 KUNG FU ADULTI	
19.20 FAST BIKE*	19.30 EXTREME TRAINING**	19.45 PUGILATO ADULTI	19:30 THAI BOXE	20.05 A-GYM	
19.30 EXTREME TRAINING**	19.30 THAI BOXE	20.05 ACQUAPOLE*			
19.45 PUGILATO ADULTI	20.05 AQUABIKE*				
19.45 KUNG FU ADULTI					
20.05 A-JUMP *					

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VASCA GYM	VASCA SPORT	VASCA FUN	POLO - CORSI A SECCO
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LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
06.45 PUMP	07.00 YOGA	06.45 PUMP	07.00 YOGA	06.45 PUMP	09.00 PILATES
08.00 POSTURAL	09.00 TOTAL TONE	08.00 POSTURAL	09.00 STEP COREO	08.00 YOGA PILATES	10.00 FUNCTIONAL TRAINING**
09.00 GAG	09.15 F1 PILATES 1	09.00 STEP BASE	09.15 F1 PILATES 1	09.00 AERODANCE	10.00 ZUMBA FIT
09.15 T1 POSTURAL	09.30 DYNAMIC CORE**	09.15 T1 POSTURAL	09.30 DYNAMIC CORE**	09.15 T1 POSTURAL	10.00 WALKING**
09.30 FUNCTIONAL TRAINING**	10.15 F2 CORE & TONE	09.30 FUNCTIONAL TRAINING **	09.30 WALK & TONE**	09.30 FUNCTIONAL TRAINING**	11.00 TRX POWER (30')*
10.00 PUMP	10.15 WALKING**	10:00 HIP POP	10.15 F2 CORE & TONE	10.15 T2 TABATA TRAINING	11.00 HOC**
10.15 T2 PILATES ABD/LEGS	10.30 HIDRON BLAST**	10.15 T2 PILATES ABD/LEGS	10.30 HIDRON BLAST**	10.30 HIIT**	11.00 GROUP CYCLING **
10.30 HIIT**	11.15 STRETCHING/ADDOME	10.30 / 13:00 D.I.Y.	10.30 WALK & FAT BURN**	11.30 GAG	11.30 SUPER GAG
11.15 METABOLIC TRAINING**	11.30 / 13:00 D.I.Y.	11.15 METABOLIC TRAINING**	11.30 TOTAL TONE 3	11.30 / 13.00 D.I.Y.	12:00 GROUP CYCLING**
11.30 / 13.00 D.I.Y.	12.45 C3 SIX PACKS W. (30')	12.00 F2 PILATES 2	11.30 / 13.00 D.I.Y.	11.30 ZUMBA	12.00/18.30 D.I.Y.
12.00 STABILITY CORE	13.15 SPINNING VIDEO RIDE**	12.45 T3 GAG**	12.45 T3 TRX TRAINING (30')	12.00 F2 PILATES	13.15 GAG
12.45/13.45 WALKING**	13.15 T3 H.P.CIRCUIT	13.15 TACFIT**	13:00 F3 ASHTANGA MYSORE CLASS	12.45/13.45 WALKING**	14.15 PUMP
12:45 T3 CARDIO BOXE	13:15 F3 VINYASA YOGA	13.20 TRX MASTERCLASS**	13.15 TACFIT (FLOWFIT)	12.45 T2 STEP FAST	15.15 ADDOMINE/STRETCH
13.15 TACFIT**	14.15 PILATES	13.20 WALKING**	13.15 SPINNING VIDEO RIDE**	13.15 C3 GLOBAL TONE	16.15 KOMBAT
13.20 C3 FAT BURN	14.15/18.00 D.I.Y.	14.30 TOTAL TONE 3	13.15 PILOXING-KNOCKOUT	13.15 TACFIT**	
14.15/17.00 D.I.Y.	15.30 PUMP	14.15/17.00 D.I.Y.	13.15 C2 ZUMBA FITNESS	13.15 F1 VINYASA YOGA	DOMENICA
14.30 PUMP	16.30 TOTAL TONE	15.30 GAG 2	14.00 GAG	14.30 TOTAL TONE	
15.30 SPINNING	17.45 F1 POSTURAL	16.30 PUMP	14.15/18.00 D.I.Y.	14.15/17.00 D.I.Y.	
16.30 GAG	18.00/18.45 WALKING**	17.00 HIDRON AB METHOD**	15.30 TOTAL TONE	15.30 PUMP	09:15 PILATES
17.00 HIDRON AB METHOD**	18.00 POWER TRAINING**	18.00 GROUP CYCLING**	16.30 PUMP	17.00 HIDRON AB METHOD**	10.00/14.00 D.I.Y.
18.00 GROUP CYCLING**	18.30 T3 BODY & PUMP	18.00 T2 T.B.W.	17.45 POSTURAL SPECIAL	18.00 HOC**	10.15 TOTAL TONE
18.00 T3 T.B.W.	18.50/19.35 WALKING**	18.00 HOC**	18.00/18.45 WALKING**	18.30 T3 ENERGY BODY W.	11.15 GAG
18.00 HOC**	19:00 HIIT**	19.00 C2 STEP DANCE	18.00 POWER TRAINING**	18.00 GROUP CYCLING**	12.15 VT SPINNING 2
18.50 C2 STEP DANCE	19.30 C2 JUMP/GAG**	19.00 GROUP CYCLING**	18.30 TC2 X-TEMPO	19.00 TACFIT (CLUBBELL)	13.15 STRETCH/ADDOME
19.00 GROUP CYCLING**	19.40/20.15 WALKING**	19.00 TACFIT (CLUBBELL)**	18.50/19.35 WALKING**	19.30 T3 GAG vs TRX	14.10 PUMP
19:00 TACFIT (CLUBBELL)**	20.00/21.00 D.I.Y.	19.50 F2 PILATES	19.00 HIIT**	19.00 GROUP CYCLING**	
19.45 C2 ZUMBA FITNESS	20.20/21.05 WALKING**	20.00 TACFIT**	19.30 T2 TONE CIRCUIT	20.00 TACFIT**	
20.00 GROUP CYCLING**	20.30 F2 POSTURAL	20.30 F2 VINYASA YOGA	19.40/20.15 WALKING**	20.30 F2 PILATES	
20.00 TACFIT**	21.00 DANZA DEL VENTRE		20.00/21.00 D.I.Y.		
20.45 F1 VINYASA YOGA			20.20/21.05 WALKING**		
			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 * LEZIONE SU PRENOTAZIONE APP