



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07.15 EXTREME TRAINING**	09.00 BASIC GYM	07.15 EXTREME TRAINING**	09.00 BASIC GYM	07.15 EXTREME TRAINING**	11.45 A-GYM*
09.15 EXTREME TRAINING**	10.00 A-CIRCUIT*	09.15 EXTREME TRAINING**	10.00 A-GYM	09.00 BASIC GYM	12.30 MARATHON
10.00 A-GYM	10.00 A-JUMP*	10.00 A-GYM*	10.00 A-JUMP*	09.15 EXTREME TRAINING **	
10.00 AQUABIKE*	10.15 EXTREME TRAINING**	10.50 AQUABIKE*	10.15 EXTREME TRAINING**	10.00 A-GYM*	
10.50 A-GYM	10.50 A-GYM	12.45 ACQUA FUN	10.50 A-GYM	10.50 BIKE CIRCUIT*	
10.50 AQUABIKE*	10.50 A-JUMP*	13.15 HIIT TIME	10.50 A-JUMP	12:15 EXTREME TRAINING**	
12.15 COMPETITOR OPEN	12.15 COMPETITOR OPEN	13.15 EXTREME TRAINING**	12.45 ACQUA FUN	12.45 ACQUA FUN	
12.45 ACQUA FUN	13.15 TACFIT FLOWFIT**	13.15 A-GYM	13.15 TACFIT FLOWFIT**	13.15 EXTREME TRAINING**	
13.15 A-POWER	13.15 EXTREME TRAINING**	14.00 FAST BIKE*	13.15 EXTREME TRAINING**	13.15 A-GYM	
13.15 A-GYM	12.45 ACQUA FUN	14.30 AQUABIKE*	13.15 A-GYM	14.00 ABDOMINAL	
14.00 FAST BIKE*	13.15 A-GYM	17:30 EXTREME TRAINING**	14.30 A-GYM	14.30 BIKE&ADD*	
14.30 AQUABIKE*	14.30 A-GYM	17.45 ACQUA FUN	17.45 ACQUA FUN	17.30 EXTREME TRAINING**	
17.30 EXTREME TRAINING**	17.45 ACQUA FUN	18.15 A-GYM	18.15 A-GYM	17.45 ACQUA FUN	
17.45 ACQUA FUN	18.15 BIKE EXTREME**	18.30 OBSTACLE RUN**	18.15 AQUABIKE*	18.15 A-GYM*	
18.15 A-GYM	18.15 A-GYM	18.45 PILOX CROSS TRAINING*	18.30 EXTREME TRAINING**	18.30 EXTREME TRAINING**	
18.15 AQUABIKE*	18.30 WATER CROSS TRAINING*	19.00 CROSS CIRCUIT	19.00 A-CIRCUIT	19.00 A-POWER	
18:30 OBSTACLE RUN**	18:30 EXTREME TRAINING**	20.05 FAST RUN*	19.00 BIKE&ADD*	19.15 AQUABIKE*	
19.00 CROSS CIRCUIT	19.00 A-GAG		19.30 EXTREME TRAINING**	20.00 FAST BIKE*	
19.00 AQUABIKE*	18.15 WATER CROSS TRAINING*		19:30 THAI BOXE	20.00 FAST GYM	
19.30 EXTREME TRAINING**	19.30 EXTREME TRAINING**		20.05 FAST BIKE*		
19.45 KUNG FU ADULTI	19.30 THAI BOXE				
20.05 FAST STEP	20.05 FAST BIKE				

\*\*LEZIONE SU PRENOTAZIONE APP

NO ATTIVITÀ DAL 13/8 AL 18/8

VASCA GYM INTERNA	VASCA ESTERNA	POLO - CORSI A TERRA
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LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07.00 PUMP	07.00 SPINNING	07.00 PUMP	07.00 SPINNING	07.00 PUMP	09.00 PILATES
08.00 POSTURAL	08.00 STRETCHING/ADDOME	08.00 POSTURAL	08.00 STRETCHING/ADDOME	08.00 YOGA PILATES	10.30 FUNCTIONAL TRAINING**
09.00 GAG	09.00 TOTAL TONE	09.00 STEP BASE	09.00 STEP COREO	09.00 AERODANCE	10.00 ZUMBA FIT
09.15 T1 POSTURAL	09.15 F1 POSTURAL 1	09.15 T1 POSTURAL	09.15 F1 POSTURAL 1	09.15 T1 POSTURAL	10.00 WALKING**
09.30 FUNCTIONAL TRAINING**	09.30 DYNAMIC CORE**	09.30 FUNCTIONAL TRAINING **	09.30 DYNAMIC CORE**	09.30 FUNCTIONAL TRAINING**	11.00 TRX POWER (30)*
10.00 PUMP	10.15 F2 CORE & TONE	10:00 HIP POP	09.30 WALK & TONE**	10.15 T2 PILATES MAT 1	11.00 GROUP CYCLING **
10.15 T2 PILATES MAT 1	10.15 WALKING**	10.15 T2 PILATES MAT	10.15 F2 CORE & TONE	10.30 HIIT**	11.30 SUPER GAG
10.30 HIIT**	11.15 STRETCHING/ADDOME	11.45 F2 PILATES 2	10.30 WALK & FAT BURN**	11.30 GAG	12:00 GROUP CYCLING**
11.45 STABILITY CORE	12.45 C3 SIX PACKS W. (30')	13.15 TACFIT*	11.30 TOTAL TONE 3	11.30 C3 ZUMBA	13.15 GAG
12:45 T3 CARDIO BOXE	13.15 T3 H.P.CIRCUIT	13.20 TRX MASTERCLASS**	12.45 FLEXIBILITY (30')	11.45 F2 PILATES 2	14.15 PUMP
12:45 WALKING**	13.15 SPINNING VIDEO RIDE**	14.30 TOTAL TONE 3	13:00 F3 ASHTANGA MYSORE CLASS	12.45/13.45 WALKING**	15.15 ADDOMINE/STRETCH
13:15 TACFIT**	13:15 F3 VINYASA YOGA	15.30 GAG 2	13.15 SPINNING VIDEO RIDE**	12.45 T2 STEP FAST	16.15 KOMBAT
13:20 C3 FAT BURN	14.15 PILATES	16.30 PUMP	13.15 PILOXING/ZUMBA	13.20 C3 GLOBAL TONE	
14.30 PUMP	15.30 PUMP	17.00 HIDRON AB METHOD**	14.00 GAG	13.15 TACFIT**	
15.30 SPINNING	16.30 TOTAL TONE	18.00 GROUP CYCLING**	15.30 TOTAL TONE	14.30 TOTAL TONE	
16.30 GAG	17.45 F1 POSTURAL	18.00 T2 T.B.W.	16.30 PUMP	15.30 PUMP	<b>DOMENICA</b>
17.00 HIDRON AB METHOD**	18.00/18.45 WALKING**	18.00 HOC**	17.45 POSTURAL SPECIAL	17.00 HIDRON AB METHOD**	
18.00 GROUP CYCLING**	18.00 POWER TRAINING**	19.00 C2 STEP DANCE	17.30/18.15 WALKING**	18.00 HOC**	
18.00 T3 T.B.W.	18.30 T3 BODY & PUMP	19.00 GROUP CYCLING**	18.00 POWER TRAINING**	18.00 T3 ENERGY BODY W.	09:15 PILATES
18.00 HOC**	18.50/19.35 WALKING**	19.00 TACFIT (CLUBBELL)**	18.30 TC2 X-TEMPO	18.00 GROUP CYCLING**	10.15 TOTAL TONE
18.50 C2 STEP DANCE	19:00 HIIT**	19.50 F2 PILATES	18.20/19.05 WALKING**	19.00 TACFIT (CLUBBELL)	11.15 GAG
19.00 GROUP CYCLING**	19.30 C2 JUMP/GAG**	20.00 TACFIT**	19.00 HIIT**	19.00 T3 GAG vs TRX	12.15 VT SPINNING
19:00 TACFIT (CLUBBELL)**	19.40/20.15 WALKING**	20.30 F2 VINYASA YOGA	19.30 T2 FUSION WORKOUT	19.00 GROUP CYCLING**	13.15 STRETCH/ADDOME
19.45 C2 ZUMBA FITNESS	20.20/21.05 WALKING**		19.10/19.55 WALKING**	20.00 F2 PILATES	14.10 PUMP
20.00 GROUP CYCLING**	20.30 F2 POSTURAL		20.00/20.45 WALKING**		
20.00 TACFIT**			20.30 F3 VINYASA YOGA		
20.45 F1 VINYASA YOGA					

NO ATTIVITÀ DAL 13/8 AL 19/8

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

LA TIPOLOGIA DI LEZIONE DELLA SALA VIRTUAL E' INDICATIVA E SUSCETTIBILE DI VARIAZIONE MENSILE

\*\* LEZIONE SU PRENOTAZIONE APP