



| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|------------------------|-----------------------------|-------------------------|-----------------------------|----------------------------|------------------------|
| 9:00 BASIC GYM | 9:00 BASIC GYM | 9:00 BASIC GYM | 9:00 BASIC GYM | 9:00 ACQUA POSTURAL | |
| | 9:45 ACQUA POSTURAL | | 10:00 A-GYM* | 10:00 A-GYM* | |
| 10:00 A-GYM* | 10:00 A-CIRCUIT* | 10:00 A-GYM* | 10:00 A-CIRCUIT | 10:50 ACQUABIKE* | 11:45 PROJECT TRAINING |
| 10:00 A-CIRCUIT | | 10:50 AQUABIKE* | 10:50 ACQUABIKE* | | 12:30 S.W.A.T |
| 10:50 ACQUABIKE* | 10:50 JUMP CIRCUIT* | 12:45 FAST BIKE | 10:50 A-GYM* | | |
| 10:50 A-GYM* | 10:50 ACQUABIKE* | | | | |
| | | | | | |
| 12:45 ACQUA TABATA 30' | | 13:00 BOXE OLIMPICA | 12:45 ACQUA TABATA 30' | 13:00 BOXE OLIMPICA | |
| 13:00 BOXE OLIMPICA | 13:15 ACQUA INTERVAL | 13:15 SURFIT POWER* | 13:15 A-GYM | | |
| 13:15 A-GYM | 14:00 JUMP CIRCUIT* | 13:15 A-GYM | 14:00 ABDOMINAL | 13:15 WATER CROSS TRAINING | |
| 13:15 ACQUA POSTURAL | 14:30 A-GYM | 14:00 SURFIT START* | 14:30 A-GYM | 13:15 A-GYM | DOMENICA |
| 14:00 ABDOMINAL | | 14:00 ACQUA TABATA 30' | | 14:00 ACQUA TABATA 30' | |
| 14:30 ACQUABIKE* | | 14:30 ACQUABIKE* | | 14.30 ACQUABIKE* | 10:45 A-GYM |
| | | | | | 11:30 A-CIRCUIT |
| 18:00 BOXE OLIMPICA | | | 18:00 BOXE AMATORIALE | | |
| 18:15 ACQUABIKE* | 18:00 BOXE AMATORIALE | 18:00 BOXE OLIMPICA | 18:30 BOXE OLIMPICA | 18:00 BOXE OLIMPICA | |
| 18:30 A-GYM* | 18:30 BOXE OLIMPICA | 18:15 FAST BIKE* | 18:15 ACQUABIKE* | 18:30 A-GYM* | |
| 19:00 ACQUABIKE* | 18:20 WATER CROSS TRAINING* | 18:30 A-GYM* | 18:30 A-GYM* | 19:15 A-GAG | |
| 19:15 ACQUA INTERVAL | | 18:45 FAST BIKE* | 19:15 WATER CROSS TRAINING* | 20:00 BOXE AMATORIALE | |
| 20:00 BOXE AMATORIALE | 18:30 A-GYM* | 19:15 ACQUA INTERVAL | | 20:00 MUAY THAI | |
| 20:00 MUAY THAI | 19:05 WATER CROSS TRAINING* | 20:00 BOXE AMATORIALE | 20:10 SURFIT START* | | |
| 20:00 JUMP & STEP* | | 20:00 MUAY THAI | | 20:00 ACQUABIKE* | |
| | 19:15 PROJECT TRAINING | 20:00 A-POLE & ELASTIC* | | | |
| | 20:00 ACQUABIKE* | | | | |

* = LEZIONE SU PRENOTAZIONE APP

■ VASCA GYM ■ VASCA BIMBI ■ POLO-CORSI A TERRA ■ VASCA FUN



| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|-----------------------------------|--------------------------------|-----------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|
| 07:15 EXTREME TRAINING** | 07:15 EXTREME TRAINING** | 07:15 EXTREME TRAINING** | 07:15 EXTREME TRAINING** | 07:15 EXTREME TRAINING** | 09:00 WALKING** |
| 08:30 EXTREME TRAINING** | 08:30 EXTREME TRAINING** | 08:30 EXTREME TRAINING** | 08:30 EXTREME TRAINING** | 08:30 EXTREME TRAINING** | 09:00 FLYING** |
| 9:15 T1 POSTURAL 1 | 09:30 FUNCTIONAL TRAINING** | 9:15 POSTURAL | 09:30 FUNCTIONAL TRAINING** | 9:15 T1 POSTURAL | 09:30 HIIT (SALA ATTREZZI) |
| 9:30 HIIT** | 09:00 WALKING ** | 9:30 HIIT** | 09:00 WALKING ** | 9:30 HIIT** | 10:00 WALKING** TEAM BEATS |
| 10:15 PILATES & TONE | 09:15 POSTURAL | 10:15 PILATES & TONE | 09:15 POSTURAL | 10:15 PILATES & TONE | 10:00 FUNCTIONAL TRAINING** |
| 10:30 TREKKMILL** | 10:00 HIIT** | 10:30 TREKKMILL** | 10:15 HIIT** | 10:30 TREKKMILL** | 10:00 ZUMBA |
| 11:00 YIN YOGA RIGENERA*** | 10:15 CORE & TONE | 11:00 YOGA RIGENERA*** | 10:15 CORE & TONE | 11:00 PILATES RIGENERA*** | 11:00 FUNCTIONAL TRAINING** |
| 11:45 POSTURAL | 11:15 FLYING** | 11:30 ZUMBA | 11:00 YIN YOGA RIGENERA*** | 11:45 PILATES & CORE | 11:00 YOGA&SPA RIGENERA*** |
| 12:30 EXTREME TRAINING ** | 12:00 PILATES RIGENERA*** | 11:45 PILATES & CORE | 11:15 FLYING** | 12:30 EXTREME TRAINING** | 11:00 TRX & POWER CIRCUIT |
| 12:45 CARDIO BOXE | 12:45 ABDOMINAL WORKOUT | 12:30 EXTREME TRAINING ** | 12:45 FLEXIBILITY | 12:45 WALK & TONE** | 11:00 GROUP CYCLING ** |
| 12:45 WALK & TONE** | 13:15 HIDRON TRAINING WORKOUT | 12:45 GLUTEI - ADDOME | 13:00 YOGA VINYASA WORKOUT (STUDIO 3) | 12:45 CARDIO & TONE | 12:00 GROUP CYCLING ** TEAM BEATS |
| 13:00 TACFIT** | | 13:15 CARDIO TONE | | 13:00 TACFIT** | |
| 13:15 VINYASA YOGA RIGENERA*** | 13:15 EXTREME TRAINING** | 13:00 TACFIT** | 13:15 EXTREME TRAINING** | 13:15 VINYASA YOGA (STUDIO 5) | |
| 13:20 FAT BURN | 13:15 VINYASA YOGA (STUDIO 5) | 13:15 VINYASA YOGA RIGENERA*** | 13:15 PILOXING KNOCKOUT | 13:20 FIT BOXE | |
| 17:00 HIDRON AB METHOD** | | 13:30 WALKING** | | | |
| 18:00 GROUP CYCLING ** | 13:20 SPINN VIDEO RIDE** | 14:30 PILATES | 13:20 SPINN VIDEO RIDE** | 14:30 VINYASA YOGA RIGENERA*** | |
| 18:00 T.B.W. | 17:00 POWER TRAINING** | 17:00 HIDRON AB METHOD** | 14:30 YOGA VINYASA | 17:00 HIDRON AB METHOD** | DOMENICA |
| 18:00 HOC** | 17:30/18:15 WALKING ** | 18:00 GROUP CYCLING ** | 17:00 POWER TRAINING** | 18.00 HOC** | DOMENICA SPORTIVA |
| 18:50 STEP DANCE | 17:45 POSTURAL | 18:00 T.B.W. | 17:45 POSTURAL SPECIAL | 18:00 ENERGY BODY W. | |
| 19:00 GROUP CYCLING ** | 18:00 HIIT** | 18:00 EXTREME TRAINING ** | 17:30/18:15 WALKING ** | 18:00 GROUP CYCLING ** | |
| 19:00 TACFIT ** | 18:20/19:05 WALKING ** | 19:00 EXTREME TRAINING ** | 18:00 POWE R TRAINING** | 19:00 TACFIT ** | 11:00 YOGA RIGENERA*** |
| 19:45 ZUMBA FITNESS | 18:30 BODY & PUMP | 19:00 STEP DANCE | 18:20/19:05 WALKING ** | 19:00 BODY & PUMP | |
| 20:00 TACFIT ** | 19:00 EXTREME TRAINING** | 19:00 GROUP CYCLING ** TEAM BEATS | 18:30 ZUMBA FITNESS | 19:00 GROUP CYCLING ** TEAM BEATS | |
| 20:00 GROUP CYCLING ** TEAM BEATS | 19:00 VINYASA YOGA RIGENERA*** | | 18:45 FUSION WORKOUT (POLO) | | |
| | 19,10/19,55 WALKING ** | 19:50 PILATES | 19:00 VINYASA YOGA RIGENERA*** | 20:00 TACFIT ** | |
| 20:45 ANUKALANA YOGA | 19:30 JUMP/GAG** | 20:00 TACFIT ** | 19:00 EXTREME TRAINING** | 20:00 PILATES | |
| | 20:00/20:45 WALKING ** | 20:30 ANUKALANA YOGA | 19:15 T.B.W. | | |
| | 20:00 EXTREME TRAINING** | | 19:10/19:55 WALKING ** | | |
| | 20:30 POSTURAL | | 20:00/20:45 WALKING ** | | |
| | 20:30 YOGA (STUDIO 3) | | 20:00 EXTREME TRAINING** | | |
| | 21:00 DANZA DEL VENTRE (P2) | | 20:30 ANUKALANA YOGA | | |

** = LEZIONE SU PRENOTAZIONE APP

■ SALA CARDIO P2 ■ SALA CROSS TRAINING P1 ■ SALA CORSI P1 ■ NOVITA' 2020 ■ AREA RIGENERA SPA

*** = LEZIONE SU PRENOTAZIONE APP PER ABBONATI CON BENESSERE