



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:15 EXTREME TRAINING**		7:15 EXTREME TRAINING**		7:15 EXTREME TRAINING**	
9.00 BASIC GYM	9.00 BASIC GYM	9.00 BASIC GYM	9.00 BASIC GYM	9.00 ACQUAPILATES	10:30 CALISTHENICS
9:15 EXTREME TRAINING**	10.00 A-CIRCUIT	9,15 EXTREME TRAINING**	10.00 A-GYM	9:15 EXTREME TRAINING**	11.45 A-POWER*
10.00 A-GYM*	10:00 ACQUAPILATES	10.00 A-GYM*	10:00 A-CIRCUIT	10.00 A-GYM*	12.30 MARATHON
10:00 A-CIRCUIT	10.50 A-JUMP CIRCUIT*	10.50 AQUABIKE*	10:50 A-RUN*	10.50 BIATHLON*	
10:50 ACQUABIKE*	10:50 ACQUABIKE HIIT*	12.45 ACQUA TABATA	10:50 ACQUABIKE HIIT*	12:15 EXTREME TRAINING**	
10:50 ABDOMINAL	13:00 BOXE	13:00 BOXE		13:00 BOXE	
12:45 ACQUA TABATA	13.15 A-GYM	13.15 SURFIT POWER*	13:00 BOXE	13.15 WATER CROSS TRAINING*	
13:00 BOXE	13:15 EXTREME TRAINING**	13:15 EXTREME TRAINING**	13:15 EXTREME TRAINING**	13:15 EXTREME TRAINING**	
13:15 A-GYM	14.00 A-JUMP*	13.15 A-CIRCUIT	13.15 A-GAG	13:15 EXTREME TRAINING**	
13:15 BIATHLON*	14.30 A-CIRCUIT	14.00 SURFIT BALANCE*	14.00 ABDOMINAL	13.15 A-GYM	<b>DOMENICA</b>
14.00 ABDOMINAL		14.00 HIIT GYM	14.30 ACQUARUN	14.00 ABDOMINAL	10:00 EXTREME TRAINING
14.30 ACQUABIKE*		14.30 AQUABIKE*	18:00 CALISTHENICS	14.30 BIKE & ABD*	10:45 HIDRON EVENT GYM
17:30 EXTREME TRAINING**	18:00 CALISTHENICS	17:30 EXTREME TRAINING**	18:30 BOXE	17:30 EXTREME TRAINING**	11:30 HIDRON EVENT GYM
18:00 BOXE	18.30 BOXE	18:00 BOXE	18:45 FUSION WORKOUT	18:00 BOXE	
18.15 FAST BIKE*	18:30 MUAY THAI	18.15 FAST BIKE*	18.15 ACQUABIKE UP&DOWN	18.30 A-GYM*	
18:30 OBSTACLE RUN**	18.20 WATER CROSS TRAINING*	18:30 OBSTACLE RUN**	18.30 A-GYM*	18:30 EXTREME TRAINING**	
18.30 A-GYM*	18.30 A-GYM*	18.30 A-GYM*	18:45 EXTREME TRAINING**	19.15 FAST GAG	
18.45 FAST BIKE*	18:45 EXTREME TRAINING**	18.45 ACQUABIKE HIIT*	19:15 WATER CROSS TRAINING*	19.15 AQUABIKE*	
19.15 A-CIRCUIT	19.15 A-GAG	19.15 A-CIRCUIT	19.30 MUAY THAI	19:30 EXTREME TRAINING**	
19:30 EXTREME TRAINING**	19:05 WATER CROSS TRAINING*	20.00 PUGILATO ADULTI	19:45 EXTREME TRAINING**	20.00 PUGILATO ADULTI	
20.00 ACQUAJUMP*	19:45 EXTREME TRAINING**	20.05 STEP*	20.10 SURFIT START	20.05 A-GYM	
20.00 PUGILATO ADULTI	19:30 MUAY THAI				
	20.00 AQUABIKE*				

\* = LEZIONE SU PRENOTAZIONE APP

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



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:00 PUMP	07:00 SPINNING	07:00 PUMP	07:00 SPINNING	07:00 PUMP	09:00 WALKING**
08:00 STRETCHING/ADDOME	08:00 STRETCHING/ADDOME	08:00 STRETCHING/ADDOME	08:00 STRETCHING / ADDOME	08:00 STRETCHING / ADDOME	10:00 FUNCTIONAL TRAINING**
9:15 T1 POSTURAL 1	09:15 F1 POSTURAL 1	9:15 T1 POSTURAL	09:15 F1 POSTURAL 1	9:15 T1 POSTURAL	10:00 ZUMBA FIT
9:30 FUNCTIONAL TRAINING**	09:15 WALKING **	9:30 FUNCTIONAL TRAINING**	09:15 WALKING **	9:30 FUNCTIONAL TRAINING**	10:00 WALKING **
10:00 PUMP	10:15 SKILL ATHLETICS*	10:00 GAG	10:15 SKILL ATHLETICS*	10:00 ADDOMINALI	11:00 FUNCTIONAL TRAINING**
10:15 T2 PILATES & TONE	10:15 F2 CORE & TONE		10:15 F2 CORE & TONE	10:00 ADDOMINALI	11:00 TRX POWER (30')**
10:30 HIIT**	11:15 STRETCHING / ADDOME	10:15 T2 PILATES & TONE	11:15 STRETCHING/ADDOME	10:15 T2 PILATES & TONE	11:00 GROUP CYCLING **
11:45 POSTURAL	12:45 ABDOMINAL WORKOUT	10:30 HIIT**	12:45 F2 FLEXIBILITY	10:30 HIIT**	11:30 SUPER GAG
11:00 TREKKMILL** (NEW)	13:15 T3 H.P.CIRCUIT	11:45 F2 PILATES 2	13:00 F3 ASHTANGA VINYASA YOGA (STUDIO 5)	11:30 C3 ZUMBA	12:00 GROUP CYCLING **
12:45 T3 CARDIO BOXE	13:15 SPINNING VIDEO RIDE **	11:00 TREKKMILL** (NEW)	13:15 SPINNING VIDEO RIDE **	11:45 F2 PILATES 2 (STUDIO 5)	13:15 GAG
12:45 WALK & TONE**	13:15 F3 VINYASA YOGA (STUDIO 5)	13:00 TACFIT**	13:15 PILOXING KNOCKOUT	12:45 WALK & TONE**	14:15 PUMP
13:15 C3 POUND	14:15 PILATES	13:30 WALKING**	13:20 ZUMBA FITNESS (STUDIO 3)	13:00 TACFIT**	15:15 ADDOMINE / STRETCH
13:00 TACFIT**	15:30 PUMP	13:20 TRX MASTERCLASS **	14:30 F2 YOGA VINYASA WORKOUT	13:15 F3 VINYASA YOGA (STUDIO 5)	16:15 KOMBAT
13:20 C3 FAT BURN	17:45 F1 POSTURAL	14:30 TOTAL TONE	14:15 GAG	13:20 C3 GLOBAL TONE	
14:15 PUMP	17:30/18:15 WALKING **	15:30 GAG	15:30 TOTAL TONE	14:15 TOTAL TONE	
15:30 SPINNING	18:00 POWER TRAINING**	17:00 HIDRON AB METHOD**	15:30 TOTAL TONE	15:30 PUMP	<b>DOMENICA</b>
16:30 GAG	18:30 T3 BODY & PUMP	17:00 HIDRON BOOTY BURN	17:45 POSTURAL SPECIAL	17:00 HIDRON AB METHOD**	09:15 PILATES
17:00 HIDRON AB METHOD**	18:20/19:05 WALKING **	18:00 HIDRON BOOTY BURN	17:30/18:15 WALKING **	18:00 HOC**	10:15 TOTAL TONE
18:00 H.S.C. HIDRON SPORT CHALLENGE (OUTDOOR)	17:30 SKILL ATHLETICS*	18:00 GROUP CYCLING **	17:00 FUNCTIONAL SYSTEM** (SALA FUNCTIONAL)	18:00 T3 ENERGY BODY W.	11:15 GAG
18:00 GROUP CYCLING **	19:00 HIIT**	18:00 T2 T.B.W.	17:30 SKILL ATHLETICS*	18:30 GROUP CYCLING **	12:15 VT SPINNING
18:00 T3 T.B.W.	19:30 C2 JUMP/GAG **	18:00 H.S.C. HIDRON SPORT CHALLENGE (OUTDOOR)	18:00 POWER TRAINING**	19:00 TACFIT **	13:15 STRETCH / ADDOME
18:00 HOC**	19,10/19,55 WALKING **	18:00 HOC**	18:20/19:05 WALKING **	19:00 T3 GAG vs TRX	14:10 PUMP
18:50 C2 STEP DANCE	20:00/20:45 WALKING **	19:00 C2 STEP DANCE	18:30 C3 AEROSTEP FIT-PARTY (STUDIO 1)	19:30 GROUP CYCLING **	
19:00 GROUP CYCLING **	20:30 F2 POSTURAL	19:00 C2 STEP DANCE	19:00 HIIT**	20:00 TACFIT **	
19:00 TACFIT **	20:30 F3 YOGA (STUDIO 3)	19:00 GROUP CYCLING **	19:10/19:55 WALKING **	20:00 F2 PILATES	
19:45 C2 ZUMBA FITNESS	21:00 DANZA DEL VENTRE (STUDIO 5)	19:00 TACFIT **	19:30 M.P.T.	20:30 MARTIAL FIT	
20:00 TACFIT **		19:50 F2 PILATES	20:00/20:45 WALKING **		
20:00 GROUP CYCLING **		20:00 TACFIT **			
20:30 MARTIAL FIT		20:30 F2 ANUKALANA YOGA			
20:45 F1 ANUKALANA YOGA		20:30 MARTIAL FIT	20:30 F3 ANUKALANA YOGA		

\*\* = LEZIONE SU PRENOTAZIONE APP

■ SALA LAB P2 ■ SALA FUNCTIONAL P1 ■ SALA VIRTUAL P2 ■ SALA 1 P1 ■ PISTA OUTDOOR: TEMPO PERMETTENDO

T= TONIFICAZIONE F= FUNZIONALE C= COREOGRAFICO/1,2,3=LIVELLO DIFFICOLTA'

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