



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 BASIC GYM	
9:15 EXTREME TRAINING**	10:00 A-CIRCUIT*	9:15 EXTREME TRAINING**	10:00 A-GYM*	9:15 EXTREME TRAINING**	10:00 EXTREME TRAINING**
10:00 A-GYM*	10:00 A-GYM	10:00 A-GYM*	10:00 A-GYM	10:00 A-GYM*	11:45 A-GYM*
10:00 A-GYM	10:50 A-JUMP*	10:50 AQUABIKE*	10:50 A-JUMP*	10:50 BIKE CIRCUIT*	12:30 MARATHON
10:50 ACQUABIKE*	10:50 ACQUABIKE*		10:50 DEEP WATER	12:15 EXTREME TRAINING**	
10:50 DEEP WATER	12:15 COMPETITION OPEN	12:45 FAST BIKE*		12:45 FAST BIKE*	
12:15 COMPETITION OPEN	13:15 A-GYM	13:15 SURFIT POWER*	10:00 A-GYM	13:15 WATER CROSS TRAINING*	
12:45 FAST BIKE*	13:15 EXTREME TRAINING**	13:15 EXTREME TRAINING**	13:15 EXTREME TRAINING**	13:15 EXTREME TRAINING**	
13:15 A-POWER	14:00 A-JUMP*	13:15 A-GYM	13:15 A-GAG	13:15 A-GYM	DOMENICA
13:15 ACQUABIKE*	14:30 A-GYM	14:00 SURFIT ZEN*	14:00 ABDOMINAL	14:00 ABDOMINAL	
13:15 EXTREME TRAINING		14:00 ABDOMINAL	14.30 A-GYM	14:30 BIKE & ABD*	10:00 EXTREME TRAINING**
14:00 ABDOMINAL		14:30 AQUABIKE*		17:30 EXTREME TRAINING**	10:45 A-GYM
14:30 ACQUABIKE*					11:30 A-CIRCUIT
17:30 EXTREME TRAINING**	18:00 CALISTENICS (POLO)	17:30 EXTREME TRAINING**	18:00 CALISTENICS (POLO)		
18:30 OBSTACLE RUN**	18:20 WATER CROSS TRAINING*		18:20 FAST BIKE*	18:30 A-GYM*	
18:20 FAST BIKE*	18:30 CARDIO BOXE THAI	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 FUSION WORKOUT	19:15 A-POWER	
18:50 FAST BIKE*	18:45 EXTREME TRAINING**		18:45 EXTREME TRAINING **	19:15 AQUABIKE*	
19:15 CROSS CIRCUIT	19:05 WATER CROSS TRAINING*	19:15 CROSS CIRCUIT	18:50 HIIT BIKE*		
	19:15 A-GAG	19:30 EXTREME TRAINING**	19:15 A-CIRCUIT	19:30 EXTREME TRAINING **	
19:30 EXTREME TRAINING**	19:45 EXTREME TRAINING**		19:30 MUAY THAI		
20:00 A-JUMP*	19:30 MUAY THAI	20:00 A-POLE*	19:45 EXTREME TRAINING **	20:00 A-GYM	
20:00 PUGILATO (POLO)	20:00 AQUABIKE*	20:00 PUGILATO (POLO)	20.00 A-GAG	20:00 PUGILATO (POLO)	

* = LEZIONE SU PRENOTAZIONE APP

■ VASCA GYM ■ VASCA INTERNA ■ POLO-CORSI A TERRA ■ VASCA FUN ■ NOVITÀ



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 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	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 DYNAMIC CORE**	10:00 GAG	10:15 DYNAMIC CORE**	10:00 ADDOMINALI	11:00 FUNCTIONAL TRAINING**
10:15 T2 PILATES MAT 1	10:15 F2 CORE & TONE	10:15 T2 PILATES MAT 1	10:15 F2 CORE & TONE	10:15 T2 PILATES MAT 1	11:00 TRX POWER (30')*
10:30 HIIT**	11:15 STRETCHING / ADDOME	10:30 HIIT**	11:15 STRETCHING/ADDOME	10:30 HIIT**	11:00 GROUP CYCLING **
11:45 POSTURAL	12:45 ABDOMINAL WORKOUT	11:45 F2 PILATES 2	12:45 F2 FLEXIBILITY	11:30 C3 ZUMBA	11:30 SUPER GAG
12:45 CARDIO BOXE	13:15 T3 H.P.CIRCUIT	13:00 TACFIT**	13:00 F3 ASHTANGA VINYASA YOGA (STUDIO 5)	11:45 F2 PILATES 2 (STUDIO 5)	12:00 GROUP CYCLING **
12:45 WALK & TONE**	13:15 SPINNING VIDEO RIDE **	13:30 WALKING**		12:45 C2 STEP FAST	13:15 GAG
13:15 C3 POUND	13:15 F3 VINYASA YOGA (STUDIO 5)	13:20 TRX MASTERCLASS**	13:15 SPINNING VIDEO RIDE**	12:45 WALK & TONE**	14:15 PUMP
13:00 TACFIT**	14:15 PILATES	14:15 TOTAL TONE	13:15 PILOXING KNOCKOUT	13:15 F3 VINYASA YOGA (STUDIO 5)	15:15 ADDOMINE / STRETCH
13:20 C3 FAT BURN	15:30 PUMP	15:30 GAG	13:20 ZUMBA FITNESS (STUDIO 3)	13:20 C3 GLOBAL TONE	16:15 KOMBAT
14:15 PUMP			14:15 GAG	13:00 TACFIT**	DOMENICA
15:30 SPINNING	17:45 F1 POSTURAL	16:30 PUMP	15:30 TOTAL TONE	14:15 TOTAL TONE	
16:30 GAG	17:30/18:15 WALKING**	17:00 HIDRON AB METHOD**	17:45 POSTURAL SPECIAL	15:30 PUMP	09:15 PILATES
17:00 HIDRON AB METHOD**	18:00 POWER TRAINING**	18:00 GROUP CYCLING**	17:30/18:15 WALKING**	17:00 HIDRON AB METHOD**	10:15 TOTAL TONE
18:00 GROUP CYCLING**	18:30 BODY & PUMP	18:00 T2 T.B.W.	17:30 FUNCTIONAL SYSTEM** (SALA FUNCTIONAL)	18:00 HOC**	11:15 GAG
18:00 T3 T.B.W.	18:20/19:05 WALKING**	18:00 HOC**	18:30 POWER TRAINING**	18:00 HOC**	12:15 VT SPINNING
18:00 HOC**	19:00 HIIT**	19:00 C2 STEP DANCE	18:20/19:05 WALKING**	18:00 T3 ENERGY BODY W.	13:15 STRETCH / ADDOME
18:50 C2 STEP DANCE	19:30 C2 JUMP/GAG**		18:30 C3 AEROSTEP FIT PARTY (STUDIO 1)	18:30 GROUP CYCLING**	14:10 PUMP
19:00 GROUP CYCLING**	19:10/19:55 WALKING**	19:00 GROUP CYCLING**	18:45 T3 FUSION WORKOUT (POLO)	19:00 TACFIT**	
19:00 TACFIT**	20:00/20:45 WALKING**	19:00 TACFIT**	19:10/19:55 WALKING**	19:00 T3 GAG VS TRX	
19:45 C2 ZUMBA FITNESS			19:30 HIIT**	19:30 GROUP CYCLING**	
20:00 TACFIT**	20:30 F2 POSTURAL	19:50 F2 PILATES	19:30 T3 M.T.P. (STUDIO 1)	20:00 TACFIT**	
20:00 GROUP CYCLING**	20:30 F3 YOGA (STUDIO 4)	20:00 TACFIT**		20:00 F2 PILATES	
20:30 MARTIAL FIT	21:00 DANZA DEL VENTRE (STUDIO 3)	20:30 MARTIAL FIT	20:00/20:45 WALKING**	20:30 MARTIAL FIT	
20:45 F1 ANUKALANA YOGA		20:30 F1 ANUKALANA YOGA	20:30 F3 ANUKALANA YOGA		

** = LEZIONE SU PRENOTAZIONE APP

■ SALA LAB P2 ■ SALA FUNCTIONAL ■ SALA VIRTUAL ■ SALA 1 P1 ■ NOVITÀ
LA TIPOLOGIA DI LEZIONE DELLA SALA VIRTUAL E' INDICATIVA E SUSCETTIBILE DI VARIAZIONE MENSILE