



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	
10:00 A-GYM*	9:45 ACQUA POSTURAL	10:00 A-GYM*	10:00 A-GYM*	9:00 A-GYM*	
10:00 A-CIRCUIT	10:00 A-CIRCUIT*	10:50 AQUABIKE*	10:00 ACQUA HIIT	10:50 METABOLIC BIKE	11:45 PROJECT TRAINING
10:50 ACQUABIKE*	10:50 JUMP CIRCUIT*		10:50 BIKE & JUMP		12:30 S.W.A.T
10:50 DEEP WATER	11:35 METABOLIC BIKE				
		12:45 FAST BIKE			
12:45 FAST HIIT		13:00 BOXE OLIMPICA			
13:00 BOXE OLIMPICA		13:15 SURFIT POWER*	12:45 FAST HIIT	13:00 BOXE OLIMPICA	
13:15 A-GYM	13:15 ACQUA HIIT	13:15 A-CIRCUIT	13:15 A-GYM		
13:15 ACQUA POSTURAL	14:00 JUMP CIRCUIT*	14:00 SURFIT START*	14:00 SIX PACK	13:15 WATER CROSS TRAINING	
14:00 SIX PACKS	14:30 A-GYM	14:00 SIX PACKS	14:30 ACQUA HIIT	13:15 A-GYM	DOMENICA
14:30 ACQUABIKE*		14:30 ACQUABIKE**		14:00 SIXPACKS	
				14.30 ACQUABIKE*	10:45 A-GYM
					11:30 A-CIRCUIT
18:00 BOXE OLIMPICA	18:30 BOXE AMATORIALE	18:00 BOXE OLIMPICA	18:30 BOXE OLIMPICA		
18:15 ACQUABIKE*	18:30 CALISTHENICS ●	18:15 FAST BIKE	18:30 CALISTHENICS ●	18:00 BOXE OLIMPICA	
18:30 A-GYM	18:20 WATER CROSS TRAINING*	18:30 A-GYM	18:15 ACQUABIKE*	18:30 A-GYM	
19:00 ACQUABIKE*	18:30 BOXE OLIMPICA	18:45 FAST BIKE	18:30 BOXE OLIMPICA	19:15 A-GAG	
19:15 ACQUA HIIT	18:30 A-GYM*	19:15 ACQUA HIIT	18:30 A-GYM*		
20:00 BOXE AMATORIALE	19:05 WATER CROSS TRAINING*	20:00 BOXE AMATORIALE	18:45 FUSION WORKOUT		
20:00 MUAY THAI			19:15 WATER CROSS TRAINING*		
20:00 JUMP & STEP*	19:15 PROJECT TRAINING	20:00 MUAY THAI		20:00 BOXE AMATORIALE	
	20:00 ACQUABIKE*	20:00 A-POLE & ELASTIC*	20:10 SURFIT START	20:00 MUAY THAI	
				20:00 ACQUABIKE*	

* = LEZIONE SU PRENOTAZIONE APP

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

● = ATTIVITA' CHE INIZIANO DAL 30/09



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**	09:30 HIIT ●
9:15 T1 POSTURAL 1	09:30 FUNCTIONAL TRAINING**	9:15 POSTURAL	09:30 FUNCTIONAL TRAINING**	9:15 T1 POSTURAL	10:00 ZUMBA FIT
9:30 HIIT**	09:15 POSTURAL	9:30 HIIT**	09:15 POSTURAL 1	9:30 HIIT**	10:00 WALKING**
10:15 PILATES & TONE	09:15 WALKING **	10:15 PILATES & TONE	09:15 WALKING **	10:15 PILATES & TONE	10:00 FUNCTIONAL TRAINING**
10:30 TREKKMILL**	10:30 HIIT**	10:30 TREKKMILL**	10:30 HIIT**	10:30 TREKKMILL**	11:00 FUNCTIONAL TRAINING**
11:45 POSTURAL	10:15 CORE & TONE	11:45 PILATES 2	10:15 CORE & TONE	11:45 PILATES 2 (STUDIO 5)	11:00 TRX & POWER CIRCUIT
12:30 EXTREME TRAINING **	11:15 FLYING** ●	12:30 EXTREME TRAINING **	11:15 FLYING** ●	12:30 EXTREME TRAINING**	11:00 GROUP CYCLING **
12:45 CARDIO BOXE	12:45 ABDOMINAL WORKOUT	12:45 GLUTEI - ADDOME	12:45 FLEXIBILITY	12:45 WALK & TONE**	12:00 GROUP CYCLING **
12:45 WALK & TONE**	13:15 HIDRON TRAINING WORKOUT	13:15 CARDIO TONE	13:00 YOGA VINYASA WORKOUT (STUDIO 3)	12:45 FITBOXE	
13:15 TACFIT**		13:15 TACFIT**		13:00 TACFIT**	
13:20 FAT BURN	13:15 EXTREME TRAINING**	13:30 WALKING**	13:15 CYCLEX** ●	13:15 VINYASA YOGA (STUDIO 5)	
17:00 HIDRON AB METHOD**	13:15 SPINN VIDEO RIDE**	17:00 HIDRON AB METHOD**	13:15 PILOXING KNOCKOUT		
18:00 GROUP CYCLING **	13:15 VINYASA YOGA (STUDIO 5)	18:00 GROUP CYCLING **	13:20 ZUMBA FITNESS (STUDIO 5)	13:20 TRX CIRCUIT	
18:00 T.B.W.		18:00 T.B.W.	14:30 YOGA VINYASA	17:00 HIDRON AB METHOD**	
18:00 HOC**	17:00 POWER TRAINING**	18:00 H.S.C. HIDRON SPORT CHALLENGE	17:00 POWER TRAINING**		
18:50 STEP DANCE	17:30/18:15 WALKING **		17:45 POSTURAL SPECIAL	18:00 HOC**	DOMENICA
19:00 GROUP CYCLING **	17:45 POSTURAL	19:00 EXTREME TRAINING **	17:30/18:15 WALKING **	18:00 ENERGY BODY W.	
19:00 TACFIT **	18:00 HIIT**	19:00 STEP DANCE	18:00 POWE R TRAINING**	18:30 GROUP CYCLING **	
19:45 ZUMBA FITNESS	18:20/19:05 WALKING **	19:00 GROUP CYCLING **	18:20/19:05 WALKING **	19:00 TACFIT **	DOMENICA SPORTIVA ●
20:00 TACFIT **	18:30 BODY & PUMP	19:50 PILATES	18:30 AERODANCE-STUDIO 54 PARTY	19:00 BODY & PUMP	
20:00 GROUP CYCLING **	19:00 EXTREME TRAINING**	20:00 EXTREME TRAINING **		19:30 GROUP CYCLING **	
20:45 ANUKALANA YOGA	19,10/19,55 WALKING **	20:30 ANUKALANA YOGA	18:45 FUSION WORKOUT (POLO)	20:00 TACFIT **	
	19:30 JUMP/GAG**		19:00 EXTREME TRAINING**	20:00 PILATES	
	20:00/20:45 WALKING **		19:30 STEP		
	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 (STUDIO 5)		20:30 ANUKALANA YOGA		
	20:30 CAPOEIRA ●		20:30 CAPOEIRA ●		

** = LEZIONE SU PRENOTAZIONE APP

■ SALA CARDIO P2 ■ SALA CROSS TRAINING P1 ■ SALA CORSI P1 ■ NOVITA' 2020

● = ATTIVITA' CHE INIZIANO DAL 1/10

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