

## RICORDI IL TUO OBIETTIVO? INDIVIDUA IL TUO COLORE E SCEGLI IL CORSO GIUSTO PER TE

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09:30-09:45 EXPRESS STRETCHING	09:30-09:45 EXPRESS STRETCHING	10:00-10:45 GINNASTICA POSTURALE	09:30-09:45 EXPRESS STRETCHING	09:30-09:45 EXPRESS STRETCHING	10:15-11:00 TABATA +
10:00-10:45 TABATA +	10:00-10:45 SPINNING	10:45-11:15 TOTAL BODY	10:00-10:45 PILATES	10:00-11:00 POWER DEFINITION	11:00-12:00 YOGA
10:45-11:15 TOTAL BODY	10:45-11:30 ACQUAEROBICA	10:45-11:30 ACQUAEROBICA	10:45-11:30 CROSS +	10:45-11:30 ACQUAEROBICA	14:00-14:45 ACQUAEROBICA
11:15-11:45 STRETCHING	11:00-11:30 TOTAL BODY	11:15-11:30 EXPRESS STRETCHING	11:30-11:45 EXPRESS STRETCHING	11:00-11:15 EXPRESS STRETCHING	
11:45-12:15 CROSS CIRCUIT	11:30-11:45 EXPRESS STRETCHING	12:45-13:30 TABATA +	12:20-12:35 EXPRESS ADDOMINALI	12:45-13:30 GINNASTICA POSTURALE	<b>Domenica</b>
12:20-12:35 EXPRESS ADDOMINALI	12:45-13:30 POWER DEFINITION	16:00-16:30 ACQUAEROBICA	12:45-13:30 SPINNING	12:45-13:30 ACQUAINTERVAL	10:30-10:45 EXPRESS ADDOMINALI
12:45-13:30 SPINNING	15:00-15:15 EXPRESS STRETCHING	16:00-16:30 CROSS CIRCUIT	16:00-17:00 YOGA	15:00-15:15 EXPRESS STRETCHING	11:00-11:45 SPINNING
12:45-13:30 ACQUAEROBICA	15:30-16:00 TOTAL BODY	17:30-18:00 STRETCHING	17:15-18:00 GINNASTICA POSTURALE	17:00-17:30 CROSS CIRCUIT	
15:00-15:15 EXPRESS ADDOMINALI	16:00-16:45 TABATA +	18:00-18:30 ADDOMINALI	18:00-18:45 TABATA +	17:30-18:00 STRETCHING	
16:00-16:30 ACQUAEROBICA	16:45-17:15 STRETCHING	18:00-18:45 ACQUAEROBICA	18:45-19:30 ACQUAINTERVAL	18:00-18:45 STEP	
16:30-17:15 PILATES	17:45-18:15 ADDOMINALI	18:30-19:15 ZUMBA	18:45-19:45 POWER DEFINITION	18:00-18:45 SPINNING	
17:15-17:45 TOTAL BODY	18:15-19:00 ACQUATABATA	18:45-19:30 SPINNING	19:00-19:15 EXPRESS ADDOMINALI	18:45-19:30 CROSS +	
17:45-18:15 STRETCHING	18:15-19:00 CROSS +	19:00-19:15 EXPRESS ADDOMINALI	19:00-20:30 KICK BOXING	18:45-19:30 ACQUAINTERVAL	
18:15-19:15 POWER DEFINITION	19:00-19:15 EXPRESS ADDOMINALI	19:15-20:00 TOTAL BODY	19:45-20:30 BALLA E BRUCIA	19:00-19:30 CROSS CIRCUIT	
18:30-19:15 ACQUAINTERVAL	19:00-19:45 STEP	19:30-20:00 CROSS CIRCUIT	20:30-20:45 EXPRESS STRETCHING	19:30-20:00 ADDOMINALI	
19:00-19:15 EXPRESS ADDOMINALI	19:00-19:45 SPINNING	19:30-20:15 PILATES		20:00-20:15 EXPRESS STRETCHING	
19:00-20:30 KICK BOXING	19:45-20:30 TOTAL BODY	20:00-20:30 ADDOMINALI			
19:15-20:00 TABATA +	19:45-20:45 YOGA				
20:00-20:30 ACG					



Orari in vigore dal 17 Settembre

ORARI PISCINA	
LUNEDÌ	12.30 - 21.00
MARTEDÌ - VENERDÌ	10.00 - 21.00
SABATO - DOMENICA	10.00 - 17.00

ORARI SALA FITNESS	
LUNEDÌ - VENERDÌ	9.00 - 21.45
SABATO - DOMENICA	10.00 - 17.00

ORARI CLUB	
LUNEDÌ - VENERDÌ	9.00 - 21.45
SABATO - DOMENICA	10.00 - 18.00

ORARI VITALITY	
LUNEDÌ	13.00 - 21.00
MARTEDÌ - VENERDÌ	10.30 - 21.00
SABATO - DOMENICA	10.30 - 17.00