

visualizza  
in base ai  
**CORSI**



SALA MUSICALE    AREA FUNZIONALE  
SALA CYCLING    SALA NEW AGE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
AEROBOX	19:45 - 20:30		19:45 - 20:30		19:45 - 20:30		
BODY C.T.		10:00 - 10:45		13:30-14:15	17:45 - 18:30		
BODYWEIGHT TONE			17:55-18:40	10:00-10:45			
CYCLING	13:30-14:20 18:30-19:20 19:35-20:25	18:30-19:20 19:35-20:25	13:30-14:20 18:30-19:20 19:35-20:25	18:30-19:20 19:35-20:25	19:35-20:25	09:30-10:20 10:30-11:20	09:30-10:20 10:30-11:20
POSTURAL FIT	09:00-10:00 10:05 -11:05 18:20 -19:20	10:15-11:15	09:00-10:00 10:05-11:05 18:20 -19:20	10:15-11:15	09:00-10:00 10:05-11:05 19:00 -20:00		
FIT BOXE		17:45-18:30		17:45-18:30			
FUNCTIONAL		19:00 - 19:45	19:30 - 20:15	19:00 - 19:45			
FUNCTIONAL BASIC	09:30 - 10:15		09:30 - 10:15		09:30 - 10:15		
FUNCTIONAL STEP	18:45-19:30						
FULL WORKOUT					19:45 - 20:30		
G.A.G.					13:30-14:15		
G.O.T.	13:30-14:15						
G.T.C.	17:45-18:30	18:35 -19:20	10:00-10:45	19:25-20:10			
K.G.T.		19:25-20:10		18:35 -19:20			
METABOLIC TRAINING		13:30-14:15			10:00 - 10:45 18:45-19:30		
OVALBALL PILATES		18:00-18:45 19:00-19:45		18:00-18:45 19:00-19:45	18:00-18:45		
PILATES		13:30-14:15		13:30-14:15			
PILATESTRETCH	17:30-18:15 19:30-20:15		17:30-18:15 19:30-20:15				
PILATES DYNAMIC		09:00-09:45		09:00-09:45			
PILATES EVOLUTION						09:15-10:00 ⚡	
POSTURAL STABILITY		20:00-21:00		20:00-21:00			
PUMP EVOLUTION	10:00-10:45						
TABAFIT			19:45 - 20:30				
TOT. BODY CONDITIONAL		18:45 - 19:30					
TOT. B. STRETCH&ZONE				18:45 - 19:30			
WALKING	09:00-9:45		09:00-9:45			10.30-11.15	
WALKING BODY CT			18:45-19:30				
ZUMBA		17:15 - 18:00		17:15 - 18:00			

LUN-VEN: 06.00-23.00 / SAB: 08.00-19.00 / DOMENICA 08.00-19.00 Tutte le lezioni devono essere prenotate tramite APP-PALESTRE.

Il numero minimo per l'attivazione dei corsi è di 5 persone. N.b. Functional Training, Functional Basic, Ovalball Pilates e Posturale sono corsi a pagamento.

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SALA MUSICALE

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SALA CYCLING

SALA NEW AGE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
09:00 - 09:45	WALKING	PILATES DYNAMIC	WALKING	PILATES DYNAMIC			
09:00-10:00	POSTURAL FIT		POSTURAL FIT		POSTURAL FIT		
09:15 - 10:00						PILATES EVOLUTION ⚡	
09:30 - 10:15	FUNCTIONAL BASIC		FUNCTIONAL BASIC		FUNCTIONAL BASIC		
09:30 - 10:20						CYCLING	CYCLING
10:00 - 10:45	PUMP EVOLUTION	BODY C.T.	G.T.C	BODYWEIGHT TONE	METABOLIC TRAINING		
10:05 - 11:05	POSTURAL FIT		POSTURAL FIT		POSTURAL FIT		
10:15 - 11:15		POSTURAL FIT		POSTURAL FIT			
10:30 - 11:15						WALKING	
10:30-11:20						CYCLING	CYCLING
13:30 - 14:15	G.O.T.	METABOLIC TRAINING	TOTAL BODY	BODY C.T.	G.A.G.		
13:30 - 14:15		PILATES		PILATES			
13:30-14:20	CYCLING		CYCLING				
17:15 - 18:00		ZUMBA		ZUMBA			
17:30-18:15	PILATESTRETCH	FUNCTIONAL BASIC	PILATESTRETCH		FUNCTIONAL BASIC		
17:45 - 18:30	G.T.C	FIT BOXE		FIT BOXE	BODY C.T.		
17:55 - 18:40			BODYWEIGHT TONE				
18:00-18:45		OVALBALL PILATES		OVALBALL PILATES	OVALBALL PILATES		
18:20 -19:20	POSTURAL FIT		POSTURAL FIT				
18:30-19:20	CYCLING	CYCLING	CYCLING	CYCLING			
18:35 - 19:20		TOTAL BODY CONDITIONAL		TOTAL BODY STRETCH&ZONE			
18:45 - 19:30	FUNCTIONAL STEP		WALKING BODY CT		METABOLIC TRAINING		
19:00-19:45		OVALBALL PILATES		OVALBALL PILATES			
19:00 - 19:45		FUNCTIONAL		FUNCTIONAL	POSTURAL FIT		
19:25 - 20:10		K.G.T.		G.T.C			
19:30-20:15	PILATESTRETCH		PILATESTRETCH				
19:30-20:15			FUNCTIONAL				
19:35-20:25	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
19:45 - 20:30	AEROBOX		TABAFIT		FULL WORKOUT		
20:00-21:00		POSTURAL STABILITY		POSTURAL STABILITY			

LUN-VEN: 06.00-23.00 / SAB: 08.00-19.00 / DOMENICA 08.00-19.00 Tutte le lezioni devono essere prenotate tramite APP-PALESTRE.

Il numero minimo per l'attivazione dei corsi è di 5 persone. N.b. Functional Training, Functional Basic, Ovalball Pilates e Posturale sono corsi a pagamento.