

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9.00/9.45 YOGA	9.00/9.45 PANCAFIT ★	9.00/9.45 POSTURALE	9.45/10.30 PANCAFIT ★	9.00/9.45 STRETCH & TONE	9.00/10.00 TAI CHI
10.00/10.45 BODYWORKOUT	10.00/10.45 PANCAFIT ★	10.00/10.45 AEROTONE	10.45/11.30 CROSS CARDIO	10.00/10.45 POSTURALE	10.15/11.00 BODYWORKOUT
10.45/11.30 PILATES	11.00/11.45 PANCAFIT ★				
12.45/13.30 PILATES		12.45/13.30 METABOLIC WORKOUT		12.45/13.30 H.I.I.T. CONDITIONING	
15.15/16.00 FUNCTIONAL ★	15.00/15.45 POSTURALE	14.30/15.15 PILATES		15.30/16.15 PANCAFIT ★	
18.00/18.45 GAG	18.00/18.45 CROSS CARDIO	18.00/18.45 BODYWORKOUT	18.00/18.45 CROSS CARDIO		
18.45/19.30 PUMP	18.45/19.30 FUNCTIONAL ★	18.45/19.30 PILATES	18.45/19.30 STRONG NATION	18.30/19.15 H.I.I.T.	
19.30/20.30 YOGA	19.30/20.15 H.I.I.T.	19.30/20.30 YOGA	19.30/20.15 CROSS CARDIO		

PALESTRA
CORSI FITNESS

DAL 9/9/24
AL 8/6/25



★ CORSI SU
PRENOTAZIONE

PISCINA
CORSI FITNESS

DAL 9/9/24
AL 8/6/25



VASCA 25 ★
CORSI SU
PRENOTAZIONE ★

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
8.45/9.30 ACQUAGYM	9.00/9.45 ACQUAGAG	9.00/9.45 SOFTGYM	8.45/9.30 ACQUAGYM	9.00/9.45 ACQUATONE
9.30/10.15 ACQUATRaining	9.45/10.30 ACQUAGYM	9.45/10.30 ACQUAGYM	9.30/10.15 ACQUA CARDIO & TONE	9.45/10.30 ACQUAGYM
13.00/13.45 ACQUA CARDIO & TONE	13.00/13.45 ACQUATONE	13.00/13.45 ACQUATRaining	13.00/13.45 ACQUAGYM	13.00/13.45 ACQUABIKE ★
14.30/15.15 ACQUAPOSTURAL			14.30/15.15 SOFTGYM	14.30/15.15 ACQUAPOSTURAL
15.15/16.00 ACQUATRaining	15.15/16.00 ACQUAGYM	15.15/16.00 ACQUATONE	15.15/16.00 ACQUAGYM	
19.15/20.00 H.I.I.T.	19.15/20.00 KICK BOXE	19.15/20.00 ACQUADEEP ★	19.15/20.00 ACQUATONE	19.15/20.00 ACQUATONE ★
20.00/20.45 ACQUABIKE ★	20.00/20.45 ACQUA TRAINING	20.10/20.55 ACQUAGYM	20.00/20.45 ACQUABIKE ★	20.00/20.45 ACQUAGAG
Sabato ————— Domenica —————				
		13.00/13.45 ACQUAGYM	10.00/10.45 GYMSPECIAL	11.00/11.45 ACQUABIKE ★

