

LUNEDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|--|---|---|--|
| | | 08:30 - 09:30 BE-LIFE | 08:30 WATER TURBOLENCE |
| | | 09:30 - 10:30 RHY-PUMP | 09:30 AQUA DRENA ALTA |
| | 10:30 - 11:30 RHY-CAMP | 10:45 - 11:45 PILATES | 10:15 AQUA POWER |
| | 11:30 - 12:30 KOMBAT ARENA | | |
| 14:00 - 15:00 BIKING PROGRAM | 15:00 - 16:00 TRX | 14:00 - 15:00 RHY-PUMP | 14:00 CIRCUIT ENDURANCE |
| 18:30 - 19:20 WALK | 18:00 - 19:00 MOBILITY & TONE | 17:00 - 18:00 CARDIO & GAG | |
| 19:30 - 20:30 BIKING PROGRAM | 19:00 - 20:00 RHY-CAMP | 18:00 - 19:00 PILATES MATWORK | 19:15 STEP COMBAT & TABATA |
| | 20:00 - 21:00 TRX | 19:00 - 20:00 METABOLIC WORKOUT | |
| | 21:00 - 21:45 RHY-CAMP | 20:00 - 20:45 RHY-HIIT | 20:00 AQUA COREOGRAPHY JUMP |

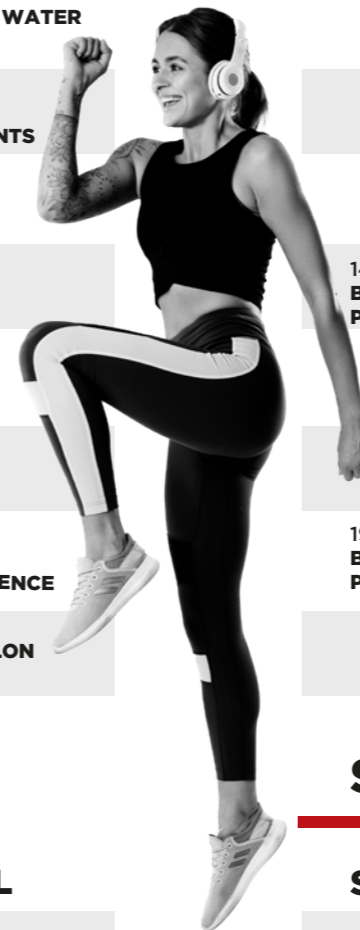
GIOVEDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|---|--------------------------------------|--|------------------------------------|
| | | | 08:30 CIRCUIT WATER ALTA |
| 09:30 - 10:30 WALK & TONE | 09:30 - 10:30 RHY-CAMP | 09:30 - 10:30 PILATES FLOW TONIC | 09:30 AQUA TABATA |
| | 10:40 - 11:30 KOMBAT ARENA | 10:30 - 11:30 PILATES BARRE | 10:15 WATER AND PANTS |
| | | 11:40 - 12:40 POSTURAL STRETCH | |
| | 17:15 - 18:00 POSTURAL | 14:00 - 15:00 RHY-PUMP | |
| | 18:00 - 18:45 PILATES | 18:00 - 18:45 STEP | |
| 18:30 - 19:30 BIKING PROGRAM | 18:45 - 19:15 TABATA | | |
| 19:30 - 20:30 BIKING PROGRAM | 19:15 - 20:00 RHY-CAMP | 19:00 - 20:00 CARDIO & GAG | 19:15 WATER TURBOLENCE |
| | | 20:00 - 20:45 RHY-HIIT | 20:00 TRIATHLON WATER |



MARTEDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|---|--------------------------------------|--|----------------------------------|
| | | | 08:30 AQUA TABATA ALTA |
| 09:30 - 10:30 WALK & TONE | 09:30 - 10:30 RHY-CAMP | 09:30 - 10:30 PILATES FLOW TONIC | 09:30 CIRCUIT WATER |
| | 10:40 - 11:30 KOMBAT ARENA | 10:30 - 11:30 PILATES BARRE | 10:15 WATER AND PANTS |
| | | 11:40 - 12:40 POSTURAL STRETCH | |
| | 17:15 - 18:00 POSTURAL | 14:00 - 15:00 RHY-PUMP | |
| 18:30 - 19:30 BIKING PROGRAM | 18:00 - 18:45 PILATES | | |
| 19:30 - 20:30 BIKING PROGRAM | 18:45 - 19:15 TABATA | 18:00 - 18:45 STEP | |
| | 19:15 - 20:00 RHY-CAMP | 19:00 - 20:00 CARDIO & GAG | 19:15 WATER TURBOLENCE |
| | | 20:00 - 20:45 RHY-HIIT | 20:00 TRIATHLON WATER |



VENERDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|--|---|--|---------------------------------------|
| | | 08:30 - 09:30 BE-LIFE | 08:30 WATER TURBOLENCE |
| | 10:30 - 11:30 RHY-CAMP | 09:30 - 10:30 RHY-PUMP | 09:30 AQUA DRENA ALTA |
| | 11:30 - 12:30 KOMBAT ARENA | 10:45 - 11:45 PILATES | 10:15 CIRCUIT BIKE |
| 14:00 - 15:00 BIKING PROGRAM | 15:00 - 16:00 TRX | 14:00 - 15:00 RHY-PUMP | 14:00 CIRCUIT ENDURANCE |
| | 18:30 - 19:30 MOBILITY & TONE | 17:00 - 18:00 CARDIO & GAG | |
| 19:00 - 20:00 WALK&UB | 19:30 - 20:30 RHY-CAMP | 18:00 - 19:00 PILATES FLOW TONIC | 19:15 AQUA TABATA |
| | | 19:40 UB FOR WALK | 20:00 AQUA COREOGRAPHY JUMP |

MERCOLEDÌ

| SALA 1 | SALA 2 | SALA 3 | POOL |
|--|---|---|--|
| | | 08:30 - 09:30 BE-LIFE | 08:30 WATER TURBOLENCE |
| | | 09:30 - 10:30 RHY-PUMP | 09:30 AQUA DRENA ALTA |
| | 10:30 - 11:30 RHY-CAMP | 10:45 - 11:45 PILATES | 10:15 AQUA POWER |
| | 11:30 - 12:30 KOMBAT ARENA | | |
| 14:00 - 15:00 BIKING PROGRAM | 15:00 - 16:00 TRX | 14:00 - 15:00 RHY-PUMP | 14:00 CIRCUIT ENDURANCE |
| | 18:00 - 19:00 MOBILITY & TONE | 17:00 - 18:00 PILATES BARRE | |
| | 19:00 - 20:00 RHY-CAMP | 18:00 - 19:00 PILATES MATWORK | |
| 19:30 - 20:30 BIKING PROGRAM | 20:00 - 21:00 TRX | 19:00 - 20:00 METABOLIC WORKOUT | 19:15 STEP COMBAT & TABATA |
| | 21:00 - 21:45 RHY-CAMP | 20:00 - 20:45 RHY-HIIT | 20:00 AQUA COREOGRAPHY JUMP |

SABATO

| SALA 1 | SALA 2 | SALA 3 |
|--|---|----------------------------------|
| | | |
| 09:30 - 10:30 WALK | | 09:30 - 10:30 RHY-PUMP |
| 10:30 - 11:30 BIKING PROGRAM | 10:30 - 11:30 MOBILITY & TONE | 10:30 - 11:30 PILATES |
| | 11:30 - 12:30 RHY-CAMP | 14:00 - 15:00 BE-LIFE |



Probabili variazioni rispetto all'orario, alla tipologia e agli istruttori | Tutti i corsi del nostro palinsensto **richiedono la prenotazione**.
L'accesso al tornello è consentito, ai possessori di abbonamento con formula **"class"**, **15 minuti prima rispetto all'orario di inizio del corso** prenotato.