



PLANNING IN VIGORE DA LUNEDÌ 7 SETTEMBRE 2026

LUNEDÌ

SALA 1	SALA 2	SALA 3	POOL
			08:30 AQUA DYNAMIC
	09:30 - 10:30 PILATES	09:30 - 10:30 PUMP	09:30 AQUA DRENA ALTA
	10:30 - 11:30 CROSS TRAINING	10:45 - 11:45 PILATES	10:30 AQUA FITNESS
11:00 - 11:45 WALK	11:30 - 12:30 TRX	11:45 - 12:45 POSTURAL STRETCH	
	15:00 - 16:00 FUNCTIONAL TRX	14:00 - 15:00 TOTAL BODY	14:00 HYDRO BIKE
18:30 WALK	18:00 - 19:00 MOBILITY & TONE	17:00 - 18:00 TOTAL BODY	
19:30 SPINNING	19:00 - 20:00 BOOT CAMP	18:00 - 19:00 PILATES MATWORK	19:15 AQUA TOTAL BODY
	20:00 - 21:00 FUNCTIONAL & STRETCHING	19:00 - 20:00 METABOLIC WORKOUT	20:00 AQUA FITNESS
		20:00 - 20:50 TOTAL BODY	

MARTEDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 09:30 LOW IMPACT	08:30 AQUA TABATA ALTA
09:00 - 10:00 WALK & TONE	09:30 - 10:30 TOTAL BODY	09:30 - 10:30 PILATES ARC	09:30 CIRCUIT WATER
	10:40 - 11:30 FIT KOMBAT	10:30 - 11:30 PILATES BARRE	10:15 WATER AND PANTS
	14:00 - 15:00 HIGH IMPACT	11:45 - 12:45 AERODANCE	12:00 ACQUA FITNESS
		14:00 - 15:00 MOBILITY & TONE	
	18:00 - 19:00 BOOTCAMP	16:00 - 17:00 PILATES ARC	
19:30 - 20:30 SPINNING	19:00 - 20:00 TOTAL BODY	17:00 - 18:00 POSTURAL & TONE	
	20:00 - 20:50 H.I.I.T.	18:00 - 19:00 STEP	19:15 AQUA DYNAMIC
		19:00 - 20:00 PILATES	

MERCOLEDÌ

SALA 1	SALA 2	SALA 3	POOL
			08:30 AQUA DYNAMIC
	09:30 - 10:30 PILATES	09:30 - 10:30 PUMP	09:30 AQUA DRENA ALTA
	10:30 - 11:30 CROSS TRAINING	10:45 - 11:45 PILATES	10:30 AQUA FITNESS
11:00 - 11:45 WALK	11:30 - 12:30 TRX	11:45 - 12:45 POSTURAL STRETCH	
	15:00 - 16:00 FUNCTIONAL TRX	14:00 - 15:00 TOTAL BODY	14:00 CIRCUIT ENDURANCE
	18:00 - 19:00 MOBILITY & TONE	17:00 - 18:00 PILATES BARRE	
	19:00 - 20:00 BOOT CAMP	18:00 - 19:00 PILATES ARC	
19:30 - 20:30 SPINNING	20:00 - 21:00 FUNCTIONAL & STRETCHING	19:00 - 20:00 METABOLIC WORKOUT	19:15 AQUA TOTAL BODY
		20:00 - 20:50 TOTAL BODY	20:00 AQUA FITNESS

GIOVEDÌ

SALA 1	SALA 2	SALA 3	POOL
		08:30 - 9:30 LOW IMPACT	08:30 CIRCUIT WATER ALTA
09:00 - 10:00 WALK & TONE	09:30 - 10:30 TOTAL BODY	09:30 - 10:30 PILATES ARC	09:30 AQUA TABATA
	10:40 - 11:30 FIT KOMBAT	10:30 - 11:30 PILATES BARRE	10:15 WATER AND PANTS
	14:00 - 15:00 HIGH IMPACT	11:45 - 12:45 STEP	12:00 ACQUA FITNESS
		14:00 - 15:00 MOBILITY & TONE	
	18:00 - 18:45 BOOT CAMP	16:00 - 17:00 PILATES ARC	
	18:45 - 19:15 TOTAL BODY	17:00 - 18:00 POSTURAL & TONE	
19:00 - 20:00 SPINNING	19:15 - 20:00 CROSS TRAINING	18:00 - 18:45 AEROBICA	19:15 AQUA DYNAMIC
	20:00 - 20:50 H.I.I.T.	19:00 - 20:00 PILATES	

VENERDÌ

SALA 1	SALA 2	SALA 3	POOL
			08:30 AQUA DYNAMIC
	09:30 - 10:30 PILATES	09:30 - 10:30 PUMP	09:30 AQUA DRENA ALTA
	10:30 - 11:30 TRX	10:45 - 11:45 PILATES ARC	10:30 AQUA FITNESS
	11:30 - 12:30 TRX		
	15:00 - 16:00 FUNCTIONAL TRX	14:00 - 15:00 TOTAL BODY	14:00 HYDRO BIKE
18:00 - 19:00 WALK	18:00 - 19:00 MOBILITY & TONE	17:00 - 18:00 TOTAL BODY	
19:00 - 20:00 SPINNING	19:00 - 20:00 BOOT CAMP	18:00 - 19:00 PILATES MATWORK	19:15 AQUA TABATA
		19:00 - 20:00 STEP	

SABATO

SALA 1	SALA 2	SALA 3
		09:30 - 10:30 PILATES
	10:30 - 11:30 MOBILITY & TONE	10:30 - 11:30 PUMP
	11:30 - 12:30 BOOT CAMP	14:30 - 15:30 AERODANCE LATINA + ABS

NON INCLUSO IN ABBONAMENTO CLASS

CERCHIO AEREO

MARTEDÌ 20:50 - 21:50
GIOVEDÌ 20:50 - 21:50

PER INFO E ISCRIZIONI RIVOLGITI ALLA RECEPTION

PROBABILI VARIAZIONI RISPETTO ALL'ORARIO, ALLA TIPOLOGIA E AGLI ISTRUTTORI | TUTTI I CORSI RICHIEDONO PRENOTAZIONE.
L'ACCESSO AL TORNELLO È CONSENTITO 15 MINUTI PRIMA RISPETTO ALL'ORARIO DI INIZIO DEL CORSO.