

LUNEDÌ

SALA 1	SALA 2	SALA 3	POOL
			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 FUNCTIONAL TRX	14:00 - 15:00 ENDURANCE TRAINING	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 AQUA ABS BOOTY
	20:00 - 21:00 FUNCTIONAL TRX	19:00 - 20:00 METABOLIC WORKOUT	
	21:00 - 21:45 RHY-CAMP	20:00 - 20:45 RHY-PUMP	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 KETTLEBELL & TRX		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 KETTLEBELL & TRX		20:00 TRIATHLON WATER

VENERDÌ

SALA 1	SALA 2	SALA 3	POOL
			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 FUNCTIONAL TRX	14:00 - 15:00 ENDURANCE TRAINING	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 COMBAT
			20:00 AQUA COREOGRAPHY JUMP

MERCOLEDÌ

SALA 1	SALA 2	SALA 3	POOL
			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 FUNCTIONAL TRX	14:00 - 15:00 ENDURANCE TRAINING	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 FUNCTIONAL TRX	19:00 - 20:00 METABOLIC WORKOUT	19:15 AQUA CARDIO FREE
	21:00 - 21:45 RHY-CAMP	20:00 - 20:45 RHY-PUMP	20:00 AQUA COREOGRAPHY JUMP

SABATO

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



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.