

NUOTO LIBERO

ANTIMERIDIANO - POMERIDIANO		SERALE
LUN	6.30 - 15.00	20.00/21.15
MAR	6.30 - 15.00	20.00/21.15
MER	6.30 - 15.00	20.00/21.15
GIO	6.30 - 15.00	20.00/21.15
VEN	6.30 - 15.00	20.00/21.15
SAB	6.30 - 9.30	12.30 - 14.30
DOM	8.00 - 13.00	

*LEZIONI CON PRENOTAZIONE OBBLIGATORIA

La Direzione si riserva la possibilità di modificare il planning in qualsiasi momento

STUDIO 1

	ANTIMERIDIANO			POMERIDIANO			SERALE				
LUN		9.00/9.50 POSTURALE Camilla	9.55/10.45 PILATES Camilla	10.50/11.40 PUMP Camilla	12.30/13.20 PILATES Ilenia	13.30/14.30 30 CROSS TRAINING Patrizio		17.40/18.30 30 STEP&TONE Eleonora	18.30/19.20 0 TOTAL BODY. Roberta	19.20/20.10 0 FIT BOXE Roberta	20.10/21.15 10 URBAN WORKOUT Francesco
MAR	7.30/8.20 STRETCH&TONE Eleonora	8.20/9.10 CIRCUIT TRAINING Eleonora	9.30/10.20 PILOXING Roberta	10.30/11.20 20 FIT BOXE Roberta		13.30/14.20 20 PILATES Int. Ilenia	14.30/15.20 20 PILATES Base Ilenia	17.45/18.35 35 Ed. POSTURALE Mauro	18.35/19.25 5 PUMP Mauro	19.25/20.15 5 PILATES Mauro	20.15/21.15 15 FORCE TRAINING Mauro
MER	7.50/8.50 YOGA Marcella	9.00/09.50 0 PUMP Camilla	09.55/10.45 5 STEP TONE Camilla	10.50/11.40 40 STRETCH & TONE Camilla	12.30/13.20 20 PILATES Ilenia	13.30/14.30 30 FUNCTIONAL ACTIVITY Eleonora		17.40/18.30 30 FUNCTIONAL ACTIVITY Eleonora	18.30/19.20 0 G.A.G, Roberta	19.20/20.10 0 FIT BOXE Roberta	20.10/21.15 10 TABATA TRAINING Patrizio
GIO	7.30/8.20 STRETCH&TONE Eleonora	8.20/9.10 TOTAL BODY Eleonora	9.30/10.20 FIT BOXE Roberta	10.30/11.20 20 PILOXING Roberta		13.30/14.20 20 PILATES Int. Ilenia	14.30/15.20 20 PILATES Base Ilenia	17.45/18.35 35 Ed. POSTURALE Mauro	18.35/19.25 5 PUMP Mauro	19.25/20.15 5 PILATES Mauro	20.15/21.15 15 SPARTAN TRAINING Mauro
VEN	7.50/8.50 YOGA Marcella	9.00/9.50 CIRCUIT TRAINING Camilla	9.55/10.45 PILATES Camilla	10.50/11.40 POSTURALE Camilla		13.30/14.30 30 CROSS TRAINING Patrizio		17.40/18.30 30 G.A.G, Vanessa	18.30/19.20 0 STEP&TONE Vanessa	19.20/20.10 0 POSTURAL STRETCHING Fabrizio	20.10/21.15 10 URBAN WORKOUT Francesco
SAB		9.00/9.50 STRETCH & TONE Fabrizio		11.50/12.40 40 TABATA TRAINING Fabrizio				16.30/17.30 30 YOGA Barbara			

STUDIO 2									
	ANTIMERIDIANO			POMERIDIANO			SERALE		
LUN		*9.00/10.00			*13.30/14.30			*18.30/19.30	20.00/21.00
		INDOOR CYCLING Elena			INDOOR CYCLING Francecsa			INDOOR CYCLING Stefania	YOGA Barbara
MAR		*8.30/9.30			13.30/14.20		17.20/18.20	*18.30/19.30	*19.30/20.30
		INDOOR CYCLING Emiliano			G.A.G Eleonora		YOGA Marcella	INDOOR CYCLING Roberta T.	INDOOR CYCLING Raffaele
MER		*9.00/10.00			*13.30/14.30			*18.30/19.30	*19.30/20.30
		INDOOR CYCLING Elena			INDOOR CYCLING Francecsa			INDOOR CYCLING Stefania	INDOOR CYCLING Stefania
GIO		*8.30/9.30			13.30/14.20		17.20/18.20	*18.30/19.30	*19.30/20.30
		INDOOR CYCLING Emiliano			G.A.G Eleonora		YOGA Marcella	INDOOR CYCLING Roberta T.	INDOOR CYCLING Raffaele
VEN		*9.00/10.00	10.30/11.30		*13.30/14.30		17.30/18.20	*18.30/19.30	
		INDOOR CYCLING Elena	INDOOR CYCLING Elena		INDOOR CYCLING Francecsa		STRETCH& CORE TRAINING Fabrizio	INDOOR CYCLING Stefania	
SAB		*9.00/10.00							
		INDOOR CYCLING Raffaele							
SALA ISOTONICA DALLE 6.30 ALLE 21.30									
	ANTIMERIDIANO			POMERIDIANO			SERALE		
LUN	DAVIDE (6.30/15.00)			LORENZO (15.00/21.30)					
MAR	GIUSEPPE (6.30/15.00)			STEVEN (15.00/18.00)			LORENZO B. (17.00/21.30)		
MER	DAVIDE (6.30/12.00)			LUIGI (12.00/17.00)			LORENZO L. (17.00/21.30)		
GIO	GIUSEPPE (6.30/15.00)			STEVEN (15.00/18.00)			LORENZO B. (17.00/21.30)		
VEN	DAVIDE (6.30/12.00)			LUIGI (12.00/17.00)			LORENZO L. (17.00/21.30)		
SAB	DAVIDE (6.30/18:45)								
DOM	LORENZO (08:00 - 13:00)								

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