

Via Benigno Di Tullio, 13 Tel: 06/7233114 - Fax: 06/72676676

PLANNING IN VIGORE DAL 16 SETTEMBRE 2019

ACQUA FITNESS

	ANTIMERIDIANO				POMERIDIANO				SERALE		
LUNEDI'	*7.30/8.15 A/WALKING Ilenia	8.30/9.15 A/INTENSITY Ilenia	*9.20/10.05 A/WALKING Ilenia	*10.10/10.55 A/CIRCUIT TRAINING Ilenia		13.30/14.15 A/INTENSITY Ilenia	*14.20/15.05 A/BIKE Ilenia		18.50/19.35 A/POWER Raffaello	*19.40/20.25 A/BIKE Raffaello	
MARTEDI'		*8.30/9.15 A/BIKE Marco	*9.20/10.05 A/CIRCUIT TRAINING Marco	10.10/10.55 A/INTERVAL Marco		*13.30/14.15 A/WALKING Katia	14.20/15.05 A/POWER Katia		*18.50/19.35 A/CIRCUIT TRAINING Katia	19.40/20.25 A/INTENSITY Katia	*20.30/21.15 A/WALKING Katia
MERCOLEDI'	*7.30/8.15 A/WALKING Roberta	8.30/9.15 A/INTENSITY Roberta	*9.20/10.05 DOUBLE CIRCUIT Roberta	*10.10/10.55 A/CIRCUIT TRAINING Roberta		13.30/14.15 A/INTENSITY Ilenia	*14.20/15.05 A/CIRCUIT TRAINING Ilenia		18.50/19.35 A/INTENSITY Andrea	*19.40/20.25 A/WALKING Andrea	
GIOVEDI'		*8.30/9.15 A/WALKING Marco	9.20/10.05 A/INTERVAL Marco	*10.10/10.55 A/BIKE Marco		*13.30/14.15 A/BIKE Katia	14.20/15.05 A/POWER Katia		*18.50/19.35 A/CIRCUIT TRAINING Raffaello	*19.40/20.25 A/BIKE Raffaello	20.30/21.15 A/POWER Raffaello
VENERDI'		8.30/9.15 A/INTENSITY Roberta	*9.20/10.05 A/CIRCUIT TRAINING Roberta	*10.10/10.55 A/WALKING Roberta		13.30/14.15 A/POWER Ilenia	*14.20/15.05 A/WALKING Ilenia		18.50/19.35 A/INTENSITY Katia	*19.40/20.25 A/WALKING Katia	
SABATO	*7.40/8.25 DOUBLE CIRCUIT Katia	8.30/9.10 A/INTENSITY Katia				*13.00/13.45 A/CIRCUIT TRAINING Katia					
DOMENICA		8.15/9.00 A/INTENSITY Andrea	*9.05/9.50 A/WALKING Andrea								

NUOTO LIBERO

	ANTIMERIDIANO - POMERIDIANO	SERALE
LUNEDI	6.30 - 14.30	20.00/21.15
MARTEDI	6.30 - 14.30	20.00/21.15
MERCOLEDI	6.30 - 14.30	
GIOVEDI	6.30 - 14.30	20.00/21.15
VENERDI	6.30 - 14.30	20.00/21.15
SABATO	6.30 - 9.30	12.30 - 14.30
DOMENICA	8.00 - 13.00	

*LEZIONI CON PRENOTAZIONE OBBLIGATORIA

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



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STUDIO 1

	ANTIMERIDIANO			POMERIDIANO			SERALE				
LUNEDÌ		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 FIT FLOW Patrizio	14.30/15.20 CORE TRAINING Lorenzo B.	17.40/18.30 TONE UP Eleonora	18.30/19.20 PUMP Lorenzo B.	19.20/20.10 FIT BOXE	20.10/21.10 URBAN WORKOUT Francesco
MARTEDÌ	7.30/8.20	8.30/9.20 G.A.G Eleonora	9.30/10.20 FIT BOXE Roberta	10.30/11.20 TOTAL BODY Roberta		13.30/14.20 PILATES Int. Ilenia	14.30/15.20 PILATES Base Ilenia	17.45/18.35 Ed. POSTURALE Gloria	18.35/19.25 G.A.G. Gloria	19.25/20.15 PILATES Gloria	20.15/21.15 CALISTHENICS Lorenzo B.
MERCOLEDÌ	7.40/8.40	9.00/9.50 YOGA Marcella	9.55/10.45 SOFT GYM Camilla	10.50/11.40 PUMP Camilla	12.30/13.20 PILATES Ilenia	13.30/14.30 FUNCTIONAL ACTIVITY Eleonora		17.40/18.30 FUNCTIONAL ACTIVITY Eleonora	18.30/19.20 PUMP Lorenzo B.	19.20/20.10 FIT BOXE	20.10/21.10 FUNCTIONAL WORKOUT Patrizio
GIOVEDÌ	7.30/8.20	8.30/9.20 G.A.G Eleonora	9.30/10.20 FIT BOXE Roberta	10.30/11.20 G.A.G. Roberta		13.30/14.20 PILATES Int. Ilenia	14.30/15.20 PILATES Base Ilenia	17.45/18.35 Ed. POSTURALE Gloria	18.35/19.25 TOTAL BODY Gloria	19.25/20.15 PILATES Gloria	20.15/21.15 CALISTHENICS Lorenzo B.
VENERDÌ	7.40/8.40	9.00/9.50 YOGA Marcella	9.55/10.45 CIRCUIT TRAINING Camilla	10.50/11.40 PILATES Camilla	12.30/13.20 PILATES Ilenia	13.30/14.30 FUNCTIONAL WORKOUT Patrizio	14.30/15.20 CORE TRAINING Lorenzo B.	17.40/18.30 G.A.G. Vanessa	18.30/19.20 TONE UP Vanessa	19.20/20.10 POSTURAL PILATES Vanessa	20.10/21.10 URBAN WORKOUT Francesco
SABATO		9.00/9.50 STRETCH &TONE Fabrizio		11.50/12.40 TABATA TRAINING Fabrizio							

STUDIO 2

	ANTIMERIDIANO			POMERIDIANO			SERALE				
LUNEDÌ		*8.30/9.30 CYCLEX Elena	*9.30/10.30 SPINNING Elena			*13.30/14.30 SPINNING Monica		17.00/18.00 YOGA Marcella	*18.30/19.30 SPINNING Stefania	*19.30/20.30 CYCLEX Elena	
MARTEDÌ		*8.30/9.30 SPINNING Emiliano	*9.30/10.30 CYCLEX Elena				*14.00/15.00 SPINNING Melissa		*18.30/19.30 SPINNING Roberta T.	*19.30/20.30 SPINNING Raffaele	
MERCOLEDÌ		*8.30/9.30 SPINNING Elena	*9.30/10.30 CYCLEX Elena			*13.30/14.30 SPINNING Monica		17.00/18.00 YOGA Marcella	*18.30/19.30 SPINNING Stefania	*19.30/20.30 CYCLEX Elena	
GIOVEDÌ		*8.30/9.30 SPINNING Emiliano	*9.30/10.30 SPINNING Elena				*14.00/15.00 SPINNING Melissa		*18.30/19.30 SPINNING Roberta T.	*19.30/20.30 SPINNING Raffaele	
VENERDÌ			*9.00/10.00 SPINNING Elena			*13.30/14.30 SPINNING Monica			*18.30/19.30 SPINNING Stefania		
SABATO			*9.00/10.00 SPINNING Raffaele	*10.30/11.30 SPINNING Roberta T.							
DOMENICA				*10.30/11.30 SPINNING Raffaele							

SALA ISOTONICA DALLE 6.30 ALLE 21.30

	ANTIMERIDIANO	POMERIDIANO	SERALE
	6:30 /11:30	11:30/ 16:30	16:30/21:30
LUNEDÌ	DAVIDE	GIUSEPPE	LORENZO
MARTEDÌ	GIUSEPPE	STEVEN	DAVIDE
MERCOLEDÌ	DAVIDE	STEVEN	LORENZO
GIOVEDÌ	GIUSEPPE	STEVEN	DAVIDE
VENERDÌ	DAVIDE (fino alle 14:30)	LORENZO (14:30/21:30)	
SABATO	GIUSEPPE(fino alle 12:30)	DAVIDE (12:30/18:30)	
DOMENICA	LORENZO (8:00/13:00)		

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