

## PLANNING IN VIGORE DAL 17 SETTEMBRE 2018

### STUDIO 1

|           | ANTIMERIDIANO                               |                                             |                                     |                                               | POMERIDIANO                                        |                                       | SERALE                                |                                         |                                                   |                                             |
|-----------|---------------------------------------------|---------------------------------------------|-------------------------------------|-----------------------------------------------|----------------------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------------|---------------------------------------------------|---------------------------------------------|
| LUNEDì    |                                             | 9.00/9.50<br>POSTURALE<br>Camilla           | 9.55/10.45<br>PILATES<br>Camilla    | 10.50/11.40<br>PUMP<br>Camilla                | *13.30/14.30<br>CROSS TRAINING<br>FLAVIO           |                                       | 17.40/18.30<br>STEP&TONE<br>Roberta   | 18.30/19.20<br>PILOXING K.O.<br>Roberta | 19.20/20.10<br>FIT BOXE<br>Roberta                | 20.10/21.10<br>FUNCTIONAL<br>TRAINING       |
| MARTEDì   | 8.15/9.05<br>CIRCUIT<br>TRAINING<br>Roberta | 9.30/10.20<br>PILOXING<br>Roberta           | 10.30/11.20<br>FIT BOXE<br>Roberta  |                                               | 13.30/14.20<br>PILATES Int.<br>Ilenia              | 14.30/15.20<br>PILATES Base<br>Ilenia | 17.45/18.35<br>Ed. POSTURALE<br>Mauro | 18.35/19.25<br>PUMP<br>Mauro            | 19.25/20.15<br>PILATES<br>Mauro                   | 20.15/21.15<br>FORCE<br>TRAINING<br>Mauro   |
| MERCOLEDì |                                             | 9.00/09.50<br>PUMP<br>Camilla               | 09.55/10.45<br>STEP TONE<br>Camilla | 10.50/11.40<br>STRETCH & TONE<br>Camilla      | *13.30/14.30<br>FUNCTIONAL<br>ACTIVITY<br>Eleonora |                                       | 17.40/18.30<br>FIT BOXE<br>Roberta    | 18.30/19.20<br>G.A.G.<br>Roberta        | 19.20/20.10<br>PILOXING K.O.<br>Roberta           | 20.10/21.10<br>TABATA<br>TRAINING           |
| GIOVEDì   | 8.15/9.05<br>TOTAL BODY<br>Roberta          | 9.30/10.20<br>FIT BOXE<br>Roberta           | 10.30/11.20<br>PILOXING<br>Roberta  |                                               | 13.30/14.20<br>PILATES Int.<br>Ilenia              | 14.30/15.20<br>PILATES Base<br>Ilenia | 17.45/18.35<br>Ed. POSTURALE<br>Mauro | 18.35/19.25<br>PUMP<br>Mauro            | 19.25/20.15<br>PILATES<br>Mauro                   | 20.15/21.15<br>SPARTAN<br>TRAINING<br>Mauro |
| VENERDì   |                                             | 9.00/9.50<br>CIRCUIT<br>TRAINING<br>Camilla | 9.55/10.45<br>PILATES<br>Camilla    | 10.50/11.40<br>POSTURALE<br>Camilla           | *13.30/14.30<br>CROSS TRAINING<br>FLAVIO           |                                       | 17.40/18.30<br>G.A.G.<br>Vanessa      | 18.30/19.20<br>STEP&TONE<br>Vanessa     | 19.20/20.10<br>POSTURAL<br>STRETCHING<br>Fabrizio | 20.10/21.10<br>FUNCTIONAL<br>TRAINING       |
| SABATO    |                                             | 9.00/9.50<br>STRETCH &<br>TONE<br>Fabrizio  |                                     | 11.50/12.40<br>TABATA<br>TRAINING<br>Fabrizio |                                                    |                                       |                                       |                                         |                                                   |                                             |

### STUDIO 2

|           | ANTIMERIDIANO                         |                                             |                                        |                                  | POMERIDIANO                                    |  | SERALE                                              |                                                 |                                            |  |
|-----------|---------------------------------------|---------------------------------------------|----------------------------------------|----------------------------------|------------------------------------------------|--|-----------------------------------------------------|-------------------------------------------------|--------------------------------------------|--|
| LUNEDì    |                                       |                                             | *9.00/10.00<br>INDOOR CYCLING<br>Elena | 12.30/13.20<br>PILATES<br>Ilenia | *13.30/14.30<br>INDOOR<br>CYCLING<br>Francesca |  |                                                     | *18.30/19.30<br>INDOOR<br>CYCLING Stefania      | 20.00/21.00<br>YOGA<br>Barbara             |  |
| MARTEDì   | 7.30/8.20<br>STRETCH&TONE<br>Eleonora | *8.30/9.30<br>INDOOR<br>CYCLING<br>Emiliano |                                        |                                  | 13.30/14.20<br>G.A.G.<br>Eleonora              |  | 17.30/18.30<br>YOGA<br>Marcella                     | *18.30/19.30<br>INDOOR<br>CYCLING Roberta<br>I. | *19.30/20.30<br>INDOOR CYCLING<br>Raffaele |  |
| MERCOLEDì |                                       | 8.00/9.00<br>YOGA<br>Marcella               | *9.00/10.00<br>INDOOR CYCLING<br>Elena | 12.30/13.20<br>PILATES<br>Ilenia | *13.30/14.30<br>INDOOR<br>CYCLING<br>Francesca |  |                                                     | *18.30/19.30<br>INDOOR<br>CYCLING Stefania      |                                            |  |
| GIOVEDì   | 7.30/8.20<br>STRETCH&TONE<br>Eleonora | *8.30/9.30<br>INDOOR<br>CYCLING<br>Emiliano |                                        |                                  | 13.30/14.20<br>G.A.G.<br>Eleonora              |  | 17.30/18.30<br>YOGA<br>Marcella                     | *18.30/19.30<br>INDOOR<br>CYCLING Roberta<br>I. | *19.30/20.30<br>INDOOR CYCLING<br>Raffaele |  |
| VENERDì   |                                       | 8.00/9.00<br>YOGA<br>Marcella               | *9.00/10.00<br>INDOOR CYCLING<br>Elena |                                  | *13.30/14.30<br>INDOOR<br>CYCLING<br>Francesca |  | 17.30/18.20<br>STRETCH&CORE<br>TRAINING<br>Fabrizio | *18.30/19.30<br>INDOOR<br>CYCLING Stefania      |                                            |  |
| SABATO    |                                       |                                             | *9.00/10.00<br>SPINNING<br>Raffaele    |                                  |                                                |  | 16.30/17.30<br>YOGA<br>Barbara                      |                                                 |                                            |  |

### SALA ISOTONICA DALLE 6.30 ALLE 21.30

|           | ANTIMERIDIANO        | POMERIDIANO           | SERALE               |
|-----------|----------------------|-----------------------|----------------------|
| LUNEDì    | DAVIDE ( 6.30/15.00) |                       | FLAVIO (15.00/21.30) |
| MARTEDì   | LORENZO(6.30/12.00)  | ROBERTA (12.00/16.00) | FLAVIO (16.00/21.30) |
| MERCOLEDì | FLAVIO (6.30/12.00)  | LUIGI (12.00/17.00)   | DAVIDE (12.00/21.30) |
| GIOVEDì   | LORENZO(6.30/12.00)  | ROBERTA (12.00/16.00) | FLAVIO (16.00/21.30) |
| VENERDì   | DAVIDE ( 6.30/10.30) | LUIGI (10.30/15.00)   | FLAVIO (15.00/21.30) |
| SABATO    | DAVIDE ( 6.30/13.00) | FLAVIO (13.00/18.45)  |                      |

Via Benigno Di Tullio, 13 Tel: 06/7233114 - Fax: 06/72676676 Email: [info@romaninasportingcenter.it](mailto:info@romaninasportingcenter.it)

### PLANNING IN VIGORE DAL 17 SETTEMBRE 2018

#### ACQUA FITNESS

|           | ANTIMERIDIANO                               |                                     |                                              |                                              | POMERIDIANO                                 |                                               |  | SERALE                                         |                                      |                                               |
|-----------|---------------------------------------------|-------------------------------------|----------------------------------------------|----------------------------------------------|---------------------------------------------|-----------------------------------------------|--|------------------------------------------------|--------------------------------------|-----------------------------------------------|
| LUNEDÌ    | *7.30/8.15<br>A/CIRCUIT TRAINING<br>Roberta | 8.30/9.15<br>A/INTENSITY<br>Roberta | *9.20/10.05<br>A/WALKING<br>Roberta          | *10.10/10.55<br>A/FUNCTIONAL JUMP<br>Roberta | 13.30/14.15<br>A/INTENSITY<br>Illenia       | *14.20/15.05<br>A/BIKE<br>Illenia             |  | 18.50/19.35<br>A/POWER<br>Stefano              | *19.40/20.25<br>A/BIKE<br>Stefano    | *20.30/21.15<br>A/CIRCUIT TRAINING<br>Stefano |
| MARTEDÌ   |                                             | *8.30/9.15<br>A/BIKE<br>Marco       | *9.20/10.05<br>A/CIRCUIT TRAINING<br>Marco   | 10.10/10.55<br>A/INTERVAL<br>Marco           | *13.30/14.15<br>A/WALKING<br>Stefano        | 14.20/15.05<br>A/POWER<br>Stefano             |  | *18.50/19.35<br>DOUBLE CIRCUIT (Jump)<br>Katia | 19.40/20.25<br>A/INTENSITY<br>Katia  |                                               |
| MERCOLEDÌ | *7.30/8.15<br>A/WALKING<br>Roberta          | 8.30/9.15<br>A/INTENSITY<br>Roberta | *9.20/10.05<br>DOUBLE CIRCUIT<br>Roberta     | *10.10/10.55<br>A/FUNCTIONAL JUMP<br>Roberta | 13.30/14.15<br>A/INTENSITY<br>Illenia       | *14.20/15.05<br>A/CIRCUIT TRAINING<br>Illenia |  | 18.50/19.35<br>A/INTENSITY<br>Illenia          | *19.40/20.25<br>A/WALKING<br>Illenia |                                               |
| GIOVEDÌ   |                                             | *8.30/9.15<br>A/WALKING<br>Marco    | 9.20/10.05<br>A/INTERVAL<br>Marco            | *10.10/10.55<br>A/CIRCUIT TRAINING<br>Marco  | *13.30/14.15<br>A/BIKE<br>Stefano           | 14.20/15.05<br>A/POWER<br>Stefano             |  | *18.50/19.35<br>A/CIRCUIT TRAINING<br>Giulia   | *19.40/20.25<br>A/BIKE<br>Giulia     | 20.30/21.15<br>A/POWER<br>Giulia              |
| VENERDÌ   |                                             | 8.30/9.15<br>A/INTENSITY<br>Roberta | *9.20/10.05<br>A/CIRCUIT TRAINING<br>Roberta | *10.10/10.55<br>A/BIKE<br>Roberta            | 13.30/14.15<br>A/POWER<br>Stefano           | *14.20/15.05<br>A/WALKING<br>Stefano          |  | 18.50/19.35<br>A/INTENSITY<br>Katia            | *19.40/20.25<br>A/WALKING<br>Katia   |                                               |
| SABATO    | *7.40/8.25<br>DOUBLE CIRCUIT<br>Katia       | 8.30/9.10<br>A/INTENSITY<br>Katia   |                                              |                                              | *13.00/13.45<br>A/CIRCUIT TRAINING<br>Katia |                                               |  |                                                |                                      |                                               |
| DOMENICA  |                                             | 8.15/9.00<br>A/FIT<br>Andrea        | *9.05/9.50<br>A/WALKING<br>Andrea            |                                              |                                             |                                               |  |                                                |                                      |                                               |

#### NUOTO LIBERO

|           | ANTIMERIDIANO - POMERIDIANO | SERALE        |
|-----------|-----------------------------|---------------|
| LUNEDÌ    | 6.30 - 15.00                | 20.00/21.15   |
| MARTEDÌ   | 6.30 - 15.00                | 20.00/21.15   |
| MERCOLEDÌ | 6.30 - 15.00                |               |
| GIOVEDÌ   | 6.30 - 15.00                | 20.00/21.15   |
| VENERDÌ   | 6.30 - 15.00                | 20.00/21.15   |
| SABATO    | 6.30 - 9.30                 | 12.30 - 14.30 |
| DOMENICA  | 8.00 - 13.00                |               |



**\*LEZIONI CON PRENOTAZIONE OBBLIGATORIA**

Clicca mi piace su Romanina Sporting Center

Clicca mi piace su SIS Sistemi Integrati per lo Sport

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