



CALENDARIO CORSI STAGIONE 2021/2022

ORARI APERTURA: Da Lunedì a Venerdì: 7:30-22:00

Sabato, Domenica, Festivi 9:00 – 19:30

| LUNEDI | | | | MARTEDI | | | | MERCOLEDI | | | | GIOVEDI | | | | VENERDI | | | | SABATO | | | |
|--|---|---|----------|---|--|--|----------|---|--|---|----------|--|--|--|--|--|---|---|---|---|---|---|---|
| SALA1 | SALA2/3 | SPIN/PISC | SALA FIT | SALA1 | SALA2/3 | SPIN/PISC | SALA FIT | SALA1 | SALA2/3 | SPIN/PISC | SALA FIT | SALA1 | SALA2/3 | SPIN/PISC | SALA FIT | SALA1 | SALA2/3 | SPIN/PISC | SALA FIT | SALA1/SPIN | SALA FIT | PISCINA | |
| 09:00 60' Bruciagr assi Jessica ▼▼▲▲ | | | | 09:15 50' Pilates Ilaria ▼▼▲ | 09:30 50' Zumba Jessica ▼▼▲▲ | 09:30 45' Aguasoft Roberto ▼▼ | | 9:00 60' Bruciagr assi Jessica ▼▼▲▲ | | | | | | 9:30 45' Aguasoft Lorenzo ▼▼ | | 9:00 60' Bruciagra ssi Jessica ▼▼▲▲ | | | | | | | |
| 10:15 60' Yoga Mara ▼▼▲ | | 10:00 45' Aguasof t Lorenzo ▼▼ | | 10:15 50' Gag Ilaria ▼▼▲ | | | | 10:15 50' PDR Jessica ▼▲ | | | | 10:15 50' Bruciagr assi Jessica ▼▼▲▲ | 10:00 60' Yoga Mara ▼▼▲ | 10:05 50' Group Cycling Antonio ▼▼▼ | | 10:15 50' Pilates Angelo ▼▼▲ | | 10:05 45' Aguasof Lara ▼▼ | | | | | |
| | | | | | | | | | | 10:00 45' Aguasof Lara ▼▼ | | | | | | | | | | 10:30 50' Group Cycling Antonio ▼▼▼ | | 11.00-12.00 CORSO NUOTO JUNIOR | |
| 13:00 45' Total Body Jessica ▼▼▼▲▲▲ | | 13:00 50' Group Cycling Antonio ▼▼▼ | | 13:00 45' Pilates Ilaria ▼▼▲ | 13:00 45' Push Jessica ▼▼▲▲ | 13:00 45' Idrobike Lara ▼▼▼ | | 13,00 45' Cross Training Jessica ▼▼▼ ▲▲▲ | | 13:00 50' Group Cycling Antonio ▼▼▼ | | 13:00 45' Bruciagr assi Jessica ▼▼▼▲▲ ▲ | | 13:00 45' Idrobike Antonio ▼▼▼ | | 13:00 45' Functiona l Fit Jessica ▼▼▲▲ | | 13:00 50' Group Cycling Roberto ▼▼▼ | | | 11:30 50' Corso Outdoor Jessica ▼▼▲ | | |
| | | 13:00 45' AquaFit Lara ▼▼▼ | | | | | | 13:00 45' AquaFit Roberto ▼▼▼ | | | | | | | | | | 13:00 45' AquaFit Lara ▼▼▼ | | 14:00 50' Group Cycling Davide ▼▼▼ | | 16.30-18:30 CORSO NUOTO JUNIOR | |
| 15:00 50' Total Body Jessica ▼▼▲ | | 13:50 45' Idrobike Antonio ▼▼▼ | | 15:00 50' Bruciagr rassi Adele ▼▼▲▲ | | 15.00-15:45 CORSO EXTRA LOMBALGICI | | 15:30 50' Pilates Angelo ▼▼▲ | | | | | | 15:00-15:45 CORSO EXTRA LOMBALGICI | | 15:00 50' Total Body Adele ▼▼▲ | | | | | | | |
| | | | | 16:00 50' Pilates Angelo ▼▼▲▲ | | | | | | | | 16:00 50' Pilates Guido ▼▲ | | | | | | | | | | | |
| | | 16.30-18:30 CORSO NUOTO JUNIOR | | | | | | | | | | | | 16.30-18:30 CORSO NUOTO JUNIOR | | | | | | | | | |
| 17:00 50' Bruciagr ass Benedetta ▼▼▲ | | 18:45 50' Group Cycling Antonio ▼▼▼ | | 17:15 50' Bruciagr rassi Ilaria ▼▼▲ | | | | 17:15 50' Total Body Giovanni ▼▼▲ | 17:30 50' Bruciagra ssi Jessica ▼▼▼▲▲▲ | | | | | 17:00 50' Bruciagr rassi Luca ▼▼▼▲▲▲ | | 17:15 50' GAG Intensity Giovanni ▼▼▲ | | | | | | | 11:00 50' Corso a Rotazione Istruttore a Rotazione ▼▼▲ |
| 18:00 50' Gag Jessica ▼▼▲ | 18:15 50' Pilates Angelo ▼▼▲▲▲ | 18:45 45' AquaFit Roberto ▼▼▼ | | 18:15 50' Pilates Ilaria ▼▼▲ | 18:30 50' Bruciagr assi Jessica ▼▼▼▲▲▲ | 19:00 50' Group Cycling Davide ▼▼▼ | | 18:15 50' GaG Intensit y Giovanni ▼▼▲ | 18:30 50' StepDan e Jessica ▼▼▲▲ | 19:00 45' Group Cycling Camilla ▼▼▼ | | | 18:00 50' Push Luca ▼▼▲▲ | 18:15 50' Zumba Jessica ▼▼▲▲ | 19:00 45' AquaFit Max S. ▼▼▼ | | 18:15 50' Bruciagra ssi Giovanni ▼▼▲ | 18:30 50' Total Body Adele ▼▼▲ | | | | | 11:00 50' Group Cycling Istruttore Rotazione ▼▼▼ |
| 19:00 50' Total body Benedetta ▼▼▲ | 19:15 50' StepDan ce Base Jessica ▼▼▲▲ | 19:45 45' Idrobike Roberto ▼▼▼ | | 19:15 50' Fit- Boxe Jessica ▼▼▼▲▲▲ | 19:30 50' Total Body Adele ▼▼▲▲ | 19.15 45' AquaFit Max S. ▼▼▼ | | 19:15 50' Bruciagr assi Jessica ▼▼▲▲ | 19,30 50' TRX Giovanni ▼▼▼ | 19:30 45' Idrobike Antonio ▼▼▼ | | | 19:00 50' Fit Boxe Jessica ▼▼▼▲▲▲ | 19:15 50' Total Body Luca ▼▼▲ | 19:50 45' Idrobike Max S. ▼▼▼ | | 19:15 50' Pilates Angelo ▼▼▼▲▲ | | 19:15 45' AquaFit Giovanni ▼▼▼ | | | | |
| 20:00 50' Bruciagr assi Jessica ▼▼ | 20:15 60' Yoga Mara ▼▼▲ | 19:45 50' Group Cycling Valentina ▼▼▼ | | 20:15 50' GAG Jessica ▼▼▼▲▲▲ | | | | 20,15 50' Functiona l FIT Jessica ▼▼▼▲▲▲ | | | | | | 20:00 50' Group Cycling Antonio ▼▼▼ | | 20:15 60' Yoga Mara ▼▼▲ | | 19:30 45' Group Cycling Stefano ▼▼▼ | | | | | |

DOMENICA

| SALA1/SPIN | MET CIRC. | PISCINA |
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10:00 50'
Corso a
Rotazione
Istruttore a
Rotazione
▼▼▲

11:00 50'
Corso a
Rotazione
Istruttore a
Rotazione
▼▼▲

11:00 50'
Group
Cycling
Istruttore
Rotazione
▼▼▼

