

FITNESS. MY ENERGY

LUNEDÌ

ORARIO	SALA	CORSI	ISTRUTTORE
6.45 - 7.30	3	GROUP CYCLING® 45'dal 11/09	2 Alessandro
7.00 - 7.45	P	AQUAGYM	Marzia
9.00 - 10.00	1	A-TONE	2 Salva
9.15 - 10.00	P	AQUAGYM	Marzia
9.30 - 10.30	3	GROUP CYCLING® 60'dal 11/09	2 Alessandro
9.30 - 10.30	2	SOFT PILATES	2 Deborah
10.10 - 10.55	P	ACQUA FUNCTIONAL TRAINING	Marzia NEW
10.00 - 10.45	S	FIT STRONG	1 Brian NEW
10.30 - 11.30	2	SOFT PILATES	2 Deborah
10.00 - 11.00	1	ZUMBA®	2 Carlo NEW
12.15 - 13.00	P	AQUABIKE	Anita
12.15 - 13.00	1	CROSS CARDIO	2 Carlo NEW
12.15 - 13.15	3	GROUP CYCLING® 60'	2 Roberto
12.15 - 13.15	2	PILATES	2 Deborah
13.05 - 13.50	P	AQUAGYM	Anita
14.00 - 14.45	P	AQUABIKE	Anita
14.15 - 15.00	1	TABATA TRAINING 45'	2 Brian NEW
14.00 - 15.00	2	PILATES	2 Deborah
18.15 - 18.45	1	A 30' BOXE	2 Brian
18.30 - 19.15	P	AQUACOMBAT	Stefania
18.30 - 19.30	3	GROUP CYCLING® 60'	2 Laura
19.00 - 19.30	C	A 30' POWER ABDOMINALS	2 Brian
19.30 - 20.30	C	POWER TRAINING FIELD	3 Brian
19.30 - 20.15	P	AQUAGYM	Rossana

S Il corso si svolge in sala attrezzi

C Il corso si svolge sul campo in erba sintetica

\$ OMNIA E FIT STRONG CORSI A PAGAMENTO TRAMITE TESSERA A SCALARE O INGRESSO SINGOLO

MARTEDÌ

ORARIO	SALA	CORSI	ISTRUTTORE
6.45 - 7.30	C	POWER TRAINING FIELD	3 Brian
9.15 - 10.00	1	POWER TRAINING TRX	3 Brian NEW
9.15 - 10.00	P	AQUABIKE	Alessandra
10.15 - 10.45	3	PANCAFIT	1 Brian NEW
10.00 - 11.00	2	YOGA	2 Lauren
10.15 - 11.00	S	OMNIA	1 Gianluca NEW
10.10 - 10.55	P	AQUAGYM	Alessandra
12.15 - 13.00	P	CARDIOGYM	Alessandra
12.15 - 13.15	2	YOGA	2 Lauren
12.15 - 13.00	1	POWER TRAINING TRX	3 Brian
12.20 - 13.05	S	OMNIA	1 Gianluca
12.30 - 13.00	3	PANCAFIT	1 Dario
14.00 - 14.45	P	ACQUA FUNCTIONAL TRAINING	Alessandra NEW
14.30 - 15.30	2	YOGA	1 Lauren
15.30 - 16.00	3	PANCAFIT	1 Fabio NEW
18.00 - 18.30	3	PANCAFIT	1 Fabio NEW
18.30 - 19.00	3	PANCAFIT	1 Fabio NEW
18.15 - 19.00	1	STABILITY TONE	2 Nicole NEW
18.30 - 19.15	P	POWERYM	Marzia
18.30 - 19.30	2	YOGA	2 Kristina
19.00 - 19.30	1	PANCAFIT	1 Fabio NEW
19.00 - 19.45	1	STEP COREO	2 Nicole NEW
19.30 - 20.15	P	AQUABIKE	Marzia
19.45 - 20.30	1	TABATA TRAINING 45'	3 Nicole NEW

MERCOLEDÌ

ORARIO	SALA	CORSI	ISTRUTTORE
6.45 - 7.30	1	A-G.A.G.	2 Salva
7.00 - 7.45	P	AQUAGYM	Stefania
9.00 - 10.00	1	POSTURAL SCHOOL LIVELLO 1	1 Fabio
9.15 - 10.00	P	AQUAGYM	Stefania
9.30 - 10.15	C	POWER TRAINING FIELD	3 Brian
10.00 - 11.00	1	POSTURAL SCHOOL LIVELLO 2	1 Fabio
10.10 - 10.55	P	AQUACOMBAT	Stefania
12.15 - 13.00	P	AQUAGYM	Marzia
12.15 - 13.00	C	POWER TRAINING FIELD	3 Brian
12.15 - 13.15	3	GROUP CYCLING® 60'	2 Laura
14.30 - 15.15	S	OMNIA	1 Gianluca NEW
15.30 - 16.30	S	FIT STRONG	1 Gianluca NEW
18.00 - 18.30	1	A 30' BOXE	2 Brian
18.30 - 19.30	3	GROUP CYCLING®	2 Luigi
18.30 - 19.15	P	AQUABIKE	Alessandra
18.30 - 19.00	1	A 30' POWER G&G	2 Brian
19.00 - 19.30	1	A 30' POWER ABDOMINALS	2 Brian
19.30 - 20.15	P	AQUAGYM	Alessandra
19.30 - 20.00	1	EXPLOSION 30'	3 Brian
20.00 - 20.30	1	TRX	3 Brian
20.00 - 20.45	S	FIT STRONG	1 Gianluca NEW