

## SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00							
9.10 - 10.00	BACK SCHOOL		POSTURALE		SOFT TONE		
10.10 - 11.00	TONE UP	TOTAL BODY	TONE UP		MOVIDA		
11.10 - 12.00							
13.00 - 13.50	TOTAL BODY	PUMP		MOVIDA	FUNCTIONAL CONTROL	TOTAL BODY	
17.10 - 18.00		TOTAL BODY		ABDOSTRETCH			
18.10 - 19.00	MOVIDA		TOTAL BODY		CARDIO PUMP		
18.30 - 19.20				PUMP			
19.10 - 20.00	ROOTAPE		FIT BOXE		STEP		
19.30 - 20.20		FUNCTIONAL CONTROL					
20.10 - 21.00							

PEDALS 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00				PEDALS 360			
10.10 - 11.00			PEDALS 360				
11.00-12.20							PEDALS 360
13.00-13.50		PEDALS 360	PEDALS 360	PEDALS 360			
13.00-14.20						PEDALS 360	
18.10 - 19.00							
18.30 - 19.20	PEDALS 360		PEDALS 360		PEDALS 360		
19.10 - 20.00				PEDALS 360			
19.30 - 20.20		PEDALS 360					
20.10 - 21.00	PEDALS 360		PEDALS 360				

## TRAIL 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00	TRAIL360						
13.00 - 13.50	TRAIL360				TRAIL360		
13.00 - 14.20						TRAIL360	
18.10 - 19.00			TRAIL360	TRAIL360			
19.10 - 20.00		TRAIL360					
19.30 - 20.20	TRAIL360		TRAIL360				
20.10 - 21.00							

## ROW 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00							ROW360
13.00 - 13.50				ROW360			
18.30 - 19.20	ROW360						
19.10 - 20.00					ROW360		
19.30 - 20.20				ROW360			
20.10 - 21.00		ROW360					

## SALA FUNZIONALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
7.10 - 8.00			FUNCTIONAL TRAINING			
10.10 - 11.00				SENIOR STAB		
13.00 - 13.50	FUNCTIONAL TRAINING		TRX SUSPENSION TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	
18.30 - 19.20					TRX SUSPENSION TRAINING	
19.10 - 20.00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			
19.30 - 20.20		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		

## TECNICHE DI COMBATTIMENTO

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
13.00 - 13.50		BOXE				
19.30 - 21.30		THAI BOXE		THAI BOXE		
20.00-22.00	BOXE		BOXE		THAI BOXE	
20.30 - 21.30		KRAV MAGA		KRAV MAGA		

## PISCINA

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 11.00	AQUAFIT SENIOR		AQUAFIT SENIOR	GYM WATER	AQUAFIT SENIOR		
11.30 12.20							GYM WATER
12.10 13.00						GYM WATER	
13.05 13.55		GYM WATER		GYM WATER	AQUAPOWER		
18.10 19.00			AQUAPOWER				
18.30 19.20	AQUAPOWER				AQUAZUMBA		
19.10 20.00		AQUATRaining					
20.10 21.00				AQUATRaining			

## SALA MUSICALE (Olistico)

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10- 8.00	YOGA						
9.10 - 10.00		BODY ARMONY		PILATES			
10.10- 11.00				YOGA		YOGA	
11.10- 12.30						PILATES	
13.00 -13.50			PILATES				
17.10- 18.00	PILATES		TAI CHI		HATA YOGA		
18.10 - 19.00		BODY ARMONY					
18.10 - 18.30				FLOWING			
19.10 - 19.30		FLOWING					
19.10- 20.00							
19.30- 20.30				PILATES			
20.10 - 21.00	TAI CHI		HATA YOGA				