

LEGNO

FUOCO

METALLO

SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
9.10 - 10.00	PILATES	BODY ARMONY	BACK SCHOOL		POSTURALE		
9.30 - 10.20				HATA YOGA			
10.10 - 11.00		TAJICHIQUAN	TONE UP			HATA YOGA	
12.10 - 13.00						PRIMITIVE	
13.00 - 13.50	TOTAL BODY	PUMP	ASHTANGA YOGA	PILATES	CORE STABILITY	TOTAL BODY	
17.10 - 18.00		TONE UP	TOTAL BODY		HATA YOGA		
17.30 - 18.20	PILATES			CORE STABILITY			
18.10 - 19.00		BODY ARMONY	STEP COREO		CARDIO PUMP		
18.30 - 19.20	MOVIDA			MOVIDA			
19.10 - 20.00		PUMP	FIT BOXE		STEP COREO		
19.30 - 20.20	TOTAL BODY			PILATES			
20.10 - 21.00			HATA YOGA				

PEDALS 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00			PEDALS 360				
11.00 - 12.20							
13.00 - 13.50		PEDALS 360	PEDALS 360	PEDALS 360			
13.00 - 14.20						PEDALS360	
18.10 - 19.00	PEDALS 36						
18.30 - 19.20					PEDALS 360		
19.10 - 20.00				PEDALS 360			
19.30 - 20.20		PEDALS 360					
20.10 - 21.00			PEDALS 360				

TRAIL 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00	TRAIL 360						
11.00 - 12.20							TRAIL360
13.00 - 13.50	TRAIL360				TRAIL360		
17.30 - 18.20					TRAIL360		
18.10 - 19.00			TRAIL 360				
18.30 - 19.20				TRAIL360			
19.10 - 20.00		TRAIL360					
20.10 - 21.00	TRAIL360						

ROW360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
11.00 – 12.20							
13.00 - 13.50				ROW360			
17.30 – 18.20		ROW360					
18.10 - 19.00				ROW360			
18.30 – 19.20	ROW360						
19.10 - 20.00			ROW360				
20.10 - 21.00					ROW360		

SALA FUNZIONALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10.10 - 11.00					FTX 360 STAB	
13.00 - 13.50	FTX360		FTX360		FTX360	
18.10 - 19.00			FTX360			
18.30 - 19.20					FTX360	
19.10 - 20.00	FTX360	FTX360				
20.10 - 21.30	BOXE		BOXE		BOXE	

PISCINA

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00	ANTALGICA POSTURALE	ACQUAGYM	ACQUAGYM		ANTALGICA POSTURALE		
11.30 - 12.20							ACQUAGYM
12.10 - 13.00						FIT 4 FUN	
13.00 - 13.50	ACQUAGYM	ACQUAGYM	ACQUAGYM	ACQUAGYM	POWER PADDLE		
17.30-18.20	ACQUAGYM				ACQUAGYM		
18.10 - 19.00		ACQUAGYM	ACQUAGYM	ACQUAGYM			
19.10 - 20.00					POWER PADDLE		
19.30 - 20.20	POWER PADDLE		POWER PADDLE				

SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 8.00							
9.10 10.00		BODY ARMONY		PILATES			
10.10 10.30				MINDFULNESS			
10.10 11.00						YOGA	
10.30 11.20				YOGA			
11.10 12.00						PILATES	
13.00 13.50			YOGA DINAMICO				
17.10 18.00	PILATES		TAI CHI		HATA YOGA		
18.10 18.30							
18.10 19.00		BODY ARMONY					
19.10 19.30		FLOW					
19.30- 20.20				PILATES			
20.10 21.00			HATA YOGA				