ORARI CORSI 2026

SALA CORSI - Mattino/Ora pranzo

Lunedì
10.30/11.25.....**Tonificazione**
11.30/12.25..... **Slow Core Training**
13.00/13.55..... **Metabolic**
Martedì
9.15/10.10 .....**Posturale**
10.15/11.10 .....**Tonificazione**
13.00/13.55.....**Circuit training**
Mercoledì
9.15/10.10 .....**Posturale**
10.15/11.10.....**Slow Core Training**
13.00/13.55.....**Gag**
Giovedì
10.00/10.55.....**Posturale**
13.00/13.55.....**Metabolic**
Venerdì
9.15/10.10..... **Posturale**
10.15/11.10..... **Gag**
13.00/13.55.....Tonificazione
Sabato
10.00/10.55.....**Functional**
11.00/11.55.....**Iron Body**

Pomeriggio/Sera

Lunedi
17.00/17.55.....**Yoga**
18.00/18.55.....**Hiit**
19.00/19.55..... **Tabata**
20.00/20.55.....**Jumping**
Martedì
17.00/17.55 .....**Pilates**
18.00/18.55.....**Tabata**
19.00/19.55.....**Functional**
20.00/20:55.....**Flow**
Mercoledì
17.00-17.55.....**Tonificazione**
18.00/18.55..... **Hiit**
19.00/19.55.....**Jumping**
20.00/20.55.....**Jumping Hit**
Giovedì
17.00/17.55 .....**Trx**
18.00/18.55.....**Pilates**
19.00/19.55.....**Functional**
20.00/20.55.....**Yoga**
Venerdì
17.00/17.55.....**Pilates**
18.00/18.55..... **Self Defence**
19.00/19.55.....**Revolution Training**

PISCINA - Mattino/Ora pranzo

Lunedì
09.30/10.20.....**AcquaFit**
10.30/11.20.....**AcquaProgram**
13.30/14.15.....**Idrobike avanzato**
Martedì
09.30/10.20.....**AcquaCircuit**
10.30 /11.20.....**AcquaFit**
13.30 /14.20.....**AcquaTabata**
Mercoledì
09.30/10.20.....**AcquaGag**
10.30/11.20..... **AcquaTabata**
Giovedì
09.30/10.15.....**AcquaWalking**
10.30/11.20.....**AcquaCircuit**
13.30/14.15.....**Idrobike**
Venerdì
09.30/10.20.....**AcquaBag**
10.30/11.20.....**AcquaProgram**
13.30/14.15.....**Idrobike**
Sabato
9.30-10.20 .....**AcquaTabata**
10.30-11.20.....**AcquaFit**

Pomeriggio/Sera

Lunedì
17.30/18.15.....**Idrobike**
18.30/19.15.....**Idrobike**
19.30/20.20.....**AcquaGag**
20.30/21:15.....**AcquaWalking**
Martedì
16.30/17.20.....**Acqua Program**
17.30/18.20.....**AcquaBag**
18.30/19.20.....**AcquaTabata**
19.30/20.20 .....**AcquaFit**
Mercoledì
17.30/18.15.....**Idrobike**
18.30/19.20..... **Idrobike**
19.30/20.20.....**AcquaCircuit**
20.30/21.30.....**AcquaStep**
Giovedì
17.30/18.20 .....**AcquaProgram**
18.30 /19.15.....**AcquaWalking**
19.30/20.15.....**Idrobike**
Venerdì
17.30/18.20.....**AcquaProgram**
18.30/19.20.....**AcquaStep**
19.30/20.20.....**AcquaFit**