

# ORARI CORSI 2026

## SALA CORSI - Mattino/Ora pranzo

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

### Pomeriggio/Sera

<b>Lunedì</b>	
17.00/17.55.....	Trx
18.00/18.55.....	Hiit
19.00/19.55.....	Tabata
20.00/20.55.....	Jumping
<b>Martedì</b>	
17.00/17.55.....	Pilates
18.00/18.55.....	Yoga
19.00/19.55.....	Functional
20.00/20.55.....	Flow
<b>Mercoledì</b>	
17.00-17.55.....	Tonificazione
18.00/18.55.....	Hiit
19.00/19.55.....	Jumping
20.00/20.55.....	Jumping Hit
<b>Giovedì</b>	
17.00/17.55.....	Trx
18.00/18.55.....	Pilates
19.00/19.55.....	Functional
20.00/20.55.....	Yoga
<b>Venerdì</b>	
17.00/17.55.....	Oasi Armonia in Movimento
18.00/18.55.....	Self Defence
19.00/19.55.....	Revolution Training

## PISCINA - Mattino/Ora pranzo

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

### Pomeriggio/Sera

<b>Lunedì</b>	
17.30/18.15.....	Idrobike
18.30/19.15.....	Idrobike
19.30/20.20.....	AcquaGag
20.30/21.15.....	AcquaWalking
<b>Martedì</b>	
16.30/17.20.....	Acqua Program
17.30/18.20.....	AcquaBag
18.30/19.20.....	AcquaTabata
19.30/20.20.....	AcquaFit
<b>Mercoledì</b>	
17.30/18.15.....	Idrobike
18.30/19.20.....	Idrobike
19.30/20.20.....	AcquaCircuit
20.30/21.30.....	AcquaStep
<b>Giovedì</b>	
17.30/18.20.....	AcquaProgram
18.30 /19.15.....	AcquaWalking
19.30/20.15.....	Idrobike
<b>Venerdì</b>	
17.30/18.20.....	AcquaProgram
18.30/19.20.....	AcquaStep
19.30/20.20.....	AcquaFit