

ORARI CORSI 2025

SALA CORSI - Mattino/Ora pranzo

Lunedì

10.30/11.25.....Tonificazione
 11.30/12.25..... Slow Core Training
 13.00/13.55..... Metabolic

Martedì

9.15/10.10Posturale
 10.15/11.10Tonificazione
 13.00/13.55.....Circuit training

Mercoledì

9.15/10.10Posturale
 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

Lunedì

17.00/17.55.....Yoga Power
 18.00/18.55.....Hiit
 19.00/19.55..... Tabata
 20.00/20.55.....Jumping

Martedì

17.00/17.55Pilates
 18.00/18.55..... Tabata
 19.00/19.55.....Functional
 20.00/20.55.....Revolution Training

Mercoledì

17.00-17.55.....Tonificazione
 18.00/18.55..... Hiit
 19.00/19.55.....Jumping
 20.00/20.55.....Jumping Hit

Giovedì

17.00/17.55Trx
 18.00/18.55.....Pilates
 19.00/19.55.....Functional
 20.00/20.55.....Yoga Power

Venerdì

17.00/17.55.....Pilates
 18.00/18.55.....Posturale
 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

Martedì

09.30/10.20.....AcquaCircuit
 10.30 /11.20.....AcquaFit
 13.30 /14.20.....AcquaTabata

Mercoledì

09.30/10.20.....AcquaGag
 13.30/14.20.....AcquaFight

Giovedì

09.30/10.20.....AcquaStep
 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

9.30-10.20AcquaTabata
 10.30-11.20.....AcquaFit

Pomeriggio/Sera

Lunedì

17.30/18.15.....Idrobike
 18.30/19.15.....Idrobike
 19.30/20.20.....AcquaGag
 20.30/21:20.....AcquaWalking

Martedì

16.30/17.20.....Acqua Program
 17.30/18.20.....AcquaBag
 18.30/19.20.....AcquaTabata
 19.30/20.20AcquaFit

Mercoledì

17.30/18.15.....Idrobike
 18.30/19.20.....Idrobike
 19.30/20.20.....AcquaCircuit
 20.30/21.30.....AcquaStep

Giovedì

17.30/18.20AcquaProgram
 18.30 /19.20.....AcquaWalking
 19.30/20.15.....Idrobike

Venerdì

17.30/18.20.....AcquaProgram
 18.30/19.20.....AcquaStep
 19.30/20.20.....AcquaFit