

PLANNING CORSI FITNESS E ACQUAFITNESS DAL 20 GENNAIO 2025



	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
--	---------	----------	------------	----------	----------	--------	----------

MATTINA

07:45 08:30	Nirvana Fitness S3 Nicoletta	07:15 08:00	Functional Power S1 Ivano	10:00 10:55	Core Training S1 Sara	07:45 08:30	Fit Pilates S3 Nicoletta	07:15 08:00	Interval Training S1 Giulia	10:00 11:00	TAI CHI S1 Salvatore	10:30 11:30	Cycle S2 Mariangela
10:00 10:45	ACQUAGYM Riccardo	10:10 10:55	Pancastretch S3 Federico	10:00 10:45	ACQUAGYM Valentina	10:00 10:45	ACQUAGYM Riccardo	11:00 11:50	Power Stretching S1 Gianluca	11:00 11:45	ACQUAGYM Daniela	11:00 11:45	ACQUAGYM rotazione
10:30 11:15	Pancastretch S3 Nicoletta	11:00 11:45	Pancastretch S3 Federico	11:10 12:00	Stretching S1 Sara	10:15 11:15	Postural Yoga S1 Francesca			11:50 12:35	IDROBIKE Daniela	11:50 12:35	IDROBIKE rotazione
11:30 12:20	Stretch&Tone S1 Nicoletta	11:05 12:00	Yoga Mind S1 Francesca			11:25 12:10	Fit Pilates S3 Nicoletta			11:00 12:00	G.A.G S1 a rotazione		

PAUSA PRANZO

12:30 13:00	Step S1 Ivano	12:00 12:50	Fit Pilates S3 Nicoletta	12:30 13:00	Upper Body S1 Ivano	12:15 13:00	Nirvana Fitness S3 Nicoletta	12:00 12:50	Dance Fitness S1 Gianluca	12:00 12:30	Stretching S1 a rotazione		
12:30 13:15	Pound Fit S3 Nicoletta	12:50 13:40	Core Pilates S3 Nicoletta	13:00 14:00	Fat Killer S1 Ivano	13:00 13:50	Flow Nirvana S3 Nicoletta	13:00 13:45	Power Circuit S1 Gianluca	12:30 13:30	Functional Power S1 Ivano		
13:00 14:00	Super Tone S1 Ivano	13:00 14:00	Cycle S2 Mariangela	13:15 14:00	ACQUAGYM Valentina	13:00 14:00	Cycle S2 Mariangela	13:15 14:00	IDROBIKE Paolo	13:30 14:00	Power Circuit S1 Ivano		
13:15 14:00	ACQUAGYM Riccardo	13:00 13:50	Flexy&Tone S1 Giulia			13:15 14:00	ACQUAGYM Riccardo						
		13:15 14:00	IDROBIKE Paolo										

POMERIGGIO / SERA

16:30 17:00	Abdominal Circuit S1 Ivano	18:00 18:50	Fit Pilates S3 Nicoletta	17:30 18:00	Full Body S1 Alessandro	18:00 18:50	Nirvana Fitness S3 Nicoletta	17:00 18:00	Active Gluteus S1 Ivano				
17:00 18:00	Active Gluteus S1 Ivano	18:00 19:00	Functional Power S1 Camilla	18:00 18:45	Pound Fit S3 Nicoletta	18:00 18:50	G.A.G S1 Ivano	18:00 18:50	Fit Pilates S3 Nicoletta				
18:00 19:00	Power Pump S1 Ivano	18:00 19:00	Cycle S2 Daniela	18:00 19:00	Functional Training S1 Alessandro	18:00 19:00	Cycle S2 Mariangela	18:00 19:00	Power Pump S1 Ivano				
18:30 19:15	IDROBIKE Daniela	18:30 19:15	ACQUAGAG Paola	18:30 19:15	IDROBIKE Daniela	18:30 19:15	ACQUAGYM Paola	18:30 19:15	IDROBIKE Paola				
19:00 19:45	FitBoxe S2 Nicoletta	19:00 19:50	Core Pilates S3 Nicoletta	18:50 19:35	Pound Unplugged S3 Nicoletta	19:00 19:50	Fit Pilates S3 Nicoletta	19:00 19:50	Flow Nirvana S3 Nicoletta				
19:00 20:00	AdvancedTraining S1 Ivano	19:00 20:00	Cycle S2 Daniela	19:00 20:00	Brazuca Fitness S1 Ylenia/Krizia	19:00 20:00	Cycle S2 Mariangela	19:00 20:00	AdvancedTraining S1 Ivano				
19:20 20:05	IDROBIKE Daniela	19:00 19:50	Interval Training S1 Giulia	19:00 20:00	Kettlebell S1 Alessandro	19:00 20:00	Total Tone S1 Ylenia/Krizia	19:00 20:00	Calisthenics S1 Nikolas				
19:50 20:35	Postural S3 Nicoletta	19:00 20:00	Calisthenics S1 Nikolas	19:20 20:05	ACQUACIRCUIT Daniela	19:20 20:05	IDROBIKE Paola	19:20 20:05	ACQUAGAG Paola				
20:00 20:30	G.A.G S2 Ivano	19:20 20:05	ACQUARUNNING Paola					20:00 20:30	Glutei S1 Ivano				

LEGENDA

SALA 1
SALA 2
SALA 3
SALA CARDIO
VASCA GRANDE
VASCA PICCOLA

TOP CLUB: TUTTI CORSI FITNESS E ACQUAFITNESS COMPRESI NEL PLANNIG

DAILY CLUB: TUTTI CORSI FITNESS E ACQUAFITNESS FINO ALLE ORE 15,00

TOP FITNESS: TUTTI CORSI FITNESS COMPRESI NEL PLANNING

TOP SWIM: TUTTI CORSI ACQUAFITNESS COMPRESI NEL PLANNING

PER PARTECIPARE AI CORSI DI FITNESS E ACQUAFITNESS E' OBBLIGATORIA LA PRENOTAZIONE