

PLANNING CORSI FITNESS E ACQUAFITNESS DALL' 08 SETTEMBRE 2025



MATTINA

PAUSA PRANZO

POMERIGGIO / SERA

| LUNEDI'                                      | MARTEDI'                                    | MERCOLEDI'                                        | GIOVEDI'                                     | VENERDI'                                     | SABATO                                    | DOMENICA                            |
|----------------------------------------------|---------------------------------------------|---------------------------------------------------|----------------------------------------------|----------------------------------------------|-------------------------------------------|-------------------------------------|
| 07:45 Nirvana Fitness S<br>08:30 Nicoletta 3 | 07:15 Functional Power S<br>08:00 Ivano 1   | 10:00 ACQUAGYM<br>10:45 Barbara                   | 07:45 Fit Pilates S<br>08:30 Nicoletta 3     | 07:15 Interval Training S<br>08:00 Giulia 1  | 10:00 TAI CHI S<br>11:00 Salvatore 1      | 10:00 Cycle S<br>11:30 Mariangela 2 |
| 10:00 ACQUAGYM<br>10:45 Riccardo             | 10:10 Pancastretch S<br>10:55 Federico 3    | 10:00 Core Training S<br>10:55 Sara 1             | 10:00 ACQUAGYM<br>10:45 Riccardo             | 10:00 Core Training S<br>10:55 Sara 1        | 11:00 ACQUAGYM<br>11:45 Daniela           | 11:00 ACQUAGYM<br>11:45 rotazione   |
| 10:30 Pancastretch S<br>11:15 Nicoletta 3    | 11:00 Pancastretch S<br>11:45 Federico 3    | 11:10 Stretching S<br>12:00 Sara 1                | 10:45 Yoga Basic S<br>11:30 Francesca 1      | 11:00 Power Stretching S<br>11:50 Gianluca 1 | 11:00 G.A.G S<br>12:00 a rotazione 1      | 11:50 IDROBIKE<br>12:35 rotazione   |
| 11:30 Stretch&Tone S<br>12:20 Nicoletta 1    | 11:05 Postural Yoga S<br>12:00 Francesca 1  |                                                   | 11:25 Fit Pilates S<br>12:10 Nicoletta 3     |                                              | 11:50 IDROBIKE<br>12:35 Daniela           |                                     |
| 12:30 Step S<br>13:00 Ivano 1                | 12:00 Fit Pilates S<br>12:50 Nicoletta 3    | 12:30 Upper Body S<br>13:00 Ivano 1               | 11:35 Yoga Mind S<br>12:25 Francesca 1       | 12:00 Dance Fitness S<br>12:50 Gianluca 1    | 12:00 Stretching S<br>12:30 a rotazione 1 |                                     |
| 12:30 Pound Fit S<br>13:15 Nicoletta 3       | 12:50 Core Pilates S<br>13:40 Nicoletta 3   | 13:00 Fat Killer S<br>14:00 Ivano 1               | 12:15 Nirvana Fitness S<br>13:00 Nicoletta 3 | 13:00 Power Circuit S<br>13:45 Gianluca 1    | 12:30 Functional Power S<br>13:30 Ivano 1 |                                     |
| 13:00 Super Tone S<br>14:00 Ivano 1          | 13:00 Cycle S<br>14:00 Mariangela 2         | 13:15 ACQUAGYM<br>14:00 Barbara                   | 13:00 Flow Nirvana S<br>13:50 Nicoletta 3    | 13:15 IDROBIKE<br>14:00 Paolo                | 13:30 Power Circuit S<br>14:00 Ivano 1    |                                     |
| 13:15 ACQUAGYM<br>14:00 Riccardo             | 13:00 Flexy&Tone S<br>13:50 Giulia 1        |                                                   | 13:00 Cycle S<br>14:00 Mariangela 2          |                                              |                                           |                                     |
|                                              | 13:15 IDROBIKE<br>14:00 Paolo               |                                                   | 13:15 ACQUAGYM<br>14:00 Riccardo             |                                              |                                           |                                     |
| 16:30 Abdominal Circuit S<br>17:00 Ivano 1   | 18:00 Fit Pilates S<br>18:50 Nicoletta 3    | 17:30 Full Body S<br>18:00 Alessandro 1           | 18:00 G.A.G S<br>18:45 Ivano 1               | 17:00 Active Gluteus S<br>18:00 Ivano 1      |                                           |                                     |
| 17:00 Active Gluteus S<br>18:00 Ivano 1      | 18:00 Functional Power S<br>19:00 Camilla 1 | 18:00 Pound Fit S<br>18:45 Nicoletta 3            | 18:00 Nirvana Fitness S<br>18:50 Nicoletta 3 | 18:00 Fit Pilates S<br>18:50 Nicoletta 3     |                                           |                                     |
| 18:00 Power Pump S<br>19:00 Ivano 1          | 18:00 Cycle S<br>19:00 Daniela 2            | 18:00 Functional Training S<br>19:00 Alessandro 1 | 18:00 Cycle S<br>19:00 Mariangela 2          | 18:00 Power Pump S<br>19:00 Ivano 1          |                                           |                                     |
| 18:30 IDROBIKE<br>19:15 Daniela              | 18:30 ACQUAGAG<br>19:15 Paola               | 18:30 IDROBIKE<br>19:15 Daniela                   | 18:30 ACQUAGYM<br>19:15 Paola                | 18:30 IDROBIKE<br>19:15 Paola                |                                           |                                     |
| 19:00 FitBoxe S<br>19:45 Nicoletta 2         | 19:00 Core Pilates S<br>19:50 Nicoletta 3   | 18:50 Pound Unplugged S<br>19:35 Nicoletta 3      | 18:45 HIIT S<br>19:30 Ivano 1                | 19:00 Flow Nirvana S<br>19:50 Nicoletta 3    |                                           |                                     |
| 19:00 AdvancedTraining S<br>20:00 Ivano 1    | 19:00 Cycle S<br>20:00 Daniela 2            | 19:00 Brazuca Fitness S<br>20:00 Ylenia/Krizia 1  | 19:00 Fit Pilates S<br>19:50 Nicoletta 3     | 19:00 AdvancedTraining S<br>20:00 Ivano 1    |                                           |                                     |
| 19:20 IDROBIKE<br>20:05 Daniela              | 19:00 Interval Training S<br>19:50 Giulia 1 | 19:00 Kettlebell S<br>20:00 Alessandro C          | 19:00 Cycle S<br>20:00 Mariangela 2          | 19:00 Calisthenics S<br>20:00 Nikolas C      |                                           |                                     |
| 19:50 Postural S<br>20:35 Nicoletta 3        | 19:00 Calisthenics S<br>20:00 Nikolas C     | 19:20 ACQUACIRCUIT<br>20:05 Daniela               | 19:20 IDROBIKE<br>20:05 Paola                | 19:20 ACQUAGAG<br>20:05 Paola                |                                           |                                     |
| 20:00 G.A.G S<br>20:30 Ivano 1               | 19:20 ACQUARUNNING<br>20:05 Paola           | 20:00 Total Tone S<br>20:30 Ylenia/Krizia 1       | 19:35 Interval Training S<br>20:30 Giulia 1  | 20:00 Glutei S<br>20:30 Ivano 1              |                                           |                                     |

LEGENDA

|              |
|--------------|
| SALA 1       |
| SALA 2       |
| SALA 3       |
| SALA CARDIO  |
| VASCA GRANDE |

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