PLANNING CORSI FITNESS E ACQUAFITNESS DAL 09 NOVEMBRE 2026

Unipol Forum AREAMULTISPORT

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
MATTINA	07:45 08:30 **Nirvana Fitness** Nicoletta S3 10:00 10:45 **ACQUAGYM** Riccardo 10:30 11:15 **Pancastretch** Nicoletta S3 11:30 12:20 **Stretch&Tone** Nicoletta S1	07:15 08:00 **Functional Power** Ivano S1 10:10 10:55 **Pancastretch** Federico S3 11:00 11:45 **Pancastretch** Federico S3 11:05 12:00 **Postural Yoga** Francesca S1	10:00 10:45 **ACQUAGYM** Barbara 10:00 10.55 **Core Training** Sara S1 11:10 12:00 **Stretching** Sara S1	07:45 08:30 **Fit Pilates** Nicoletta S3 10:00 10:45 **ACQUAGYM** Riccardo 10:30 11:15 **Yoga Basic** Francesca S1 11:15 12:00 **Yoga Mind** Francesca S1	07:15 08:00 **Interval Training** Giulia S1 10:00 10.55 **Core Training** Sara S1 11:00 11:50 **Power Stretching** Gianluca S1	10:00 11:00 **TAI CHI** Salvatore S1 11:00 11:45 **ACQUAGYM** Daniela 11:00 12:00 **G.A.G** a rotazione S1 11:50 12:35 **IDROBIKE** Daniela	10:00 11:30 **Cycle** Mariangela S2 11:00 11:45 **ACQUAGYM** rotazione 11:50 12:35 **IDROBIKE** rotazione
PAUSA PRANZO	12:30 13.00 **Step** Ivano S1 12:30 13:15 **Pound Fit** Nicoletta S3 13:00 14:00 **Super Tone** Ivano S1 13:15 14:00 **ACQUAGYM** Riccardo	12:00 12:50 **Fit Pilates** Nicoletta S3 12:45 13:30 **Flexy&Tone** Giulia S1 12:50 13:40 **Core Pilates** Nicoletta S3 13:00 14:00 **Cycle** Mariangela S2 13:15 14:00 **IDROBIKE** Paolo	12:30 13.00 **Upper Body** Ivano S1 13:00 14:00 **Fat Killer** Ivano S1 13:15 14:00 **ACQUAGYM** Barbara	11:25 12:10 **Fit Pilates** Nicoletta S3 12:15 13:00 **Nirvana Fitness** Nicoletta S3 13:00 13:50 **Flow Nirvana** Nicoletta S3 13:00 14:00 **Cycle** Mariangela S2 13:15 14:00 **ACQUAGYM** Riccardo	12:00 12:50 **Dance Fitness** Gianluca S1 13:00 13:45 **Power Circuit** Gianluca S1 13:15 14:00 **IDROBIKE** Paolo	12:00 12:30 **Stretching** a rotazione S1 12:30 13:30 **Functional Power** Ivano S1 13:30 14:00 **Power Circuit** Ivano S1	
POMERIGGIO / SERA	16:30 17:00 **Abdominal Circuit** Ivano S1 17:00 18:00 **Active Gluteus** Ivano S1 18:00 19:00 **Power Pump** Ivano S1 18:30 19:15 **IDROBIKE** Daniela 19:00 19:45 **FitBoxe** Nicoletta S2 19:00 20:00 **AdvancedTraining** Ivano S1 19:20 20:05 **IDROBIKE** Daniela 19:50 20:35 **Postural** Nicoletta S3 20:00 20:30 **G.A.G** Ivano S1	18:00 18:50 **Fit Pilates** Nicoletta S3 18:00 19:00 **Functional Power** Camilla S1 18:00 19:00 **Cycle** Daniela S2 18:30 19:15 **ACQUAGAG** Paola 19:00 19:50 **Core Pilates** Nicoletta S3 19:00 20:00 **Cycle** Daniela S2 19:00 19:50 **Interval Training** Giulia S1 19:00 20:00 **Calisthenics** Nikolas SC 19:20 20:05 **ACQUARUNNING** Paola	17:30 18:00 **Full Body** Federico S1 18:00 18:45 **Pound Fit** Nicoletta S3 18:00 19:00 **Functional Training** Federico S1 18:30 19:15 **IDROBIKE** Daniela 18:50 19:35 **Pound Unplugged** Nicoletta S3 19:00 19:45 **Super Tone** Federico S1 19:00 19:45 **Brazuca Fitness** Ylenia S2 19:20 20:05 **ACQUACIRCUIT** Daniela 19:45 20:45 **Brazuca Fitness** Ylenia S1	18:00 18:45 **G.A.G** Ivano S1 18:00 18:50 **Nirvana Fitness** Nicoletta S3 18:00 19:00 **Cycle** Mariangela S2 18:30 19:15 **ACQUAGYM** Paola 18:45 19:30 **HIIT** Ivano S1 19:00 19:50 **Fit Pilates** Nicoletta S3 19:00 20:00 **Cycle** Mariangela S2 19:20 20:05 **IDROBIKE** Paola 19:35 20:30 **Interval Training** Giulia S1	17:00 18:00 **Active Gluteus** Ivano S1 18:00 18:50 **Fit Pilates** Nicoletta S3 18:00 19:00 **Power Pump** Ivano S1 18:30 19:15 **IDROBIKE** Paola 19:00 19:50 **Flow Nirvana** Nicoletta S3 19:00 20:00 **AdvancedTraining** Ivano S1 19:00 20:00 **Calisthenics** Nikolas SC 19:20 20:05 **ACQUAGAG** Paola 20:00 20:30 **Glutei** Ivano S1		

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

IL PLANNING SETTIMANALE POTREBBE SUBIRE VARIAZIONI PER ESIGENZE ORGANIZZATIVE