

Orari corsi bike e fitness in acqua

Orario valido dal 13/02/2012 al 01/06/2012

Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato
V-GYM	V-BIMBI	V-GYM	V-BIMBI	V-GYM	V-BIMBI	V-GYM	V-BIMBI	V-GYM	V-BIMBI	V-GYM
		9:15 A-GYM		09:00 GESTANTI				9:15 A-GYM		09:00 GESTANTI
9:45 A-GYM 1	9:45 A-GYM 2	10:00 A-SENIOR		10:00 A-GYM		9:45 A-GYM 1	9:45 A-GYM 2	10:00 A-SENIOR		
	10:45 BIKE&GYM		10:45 BIKE	10:45 BIKE PLUS			10:45 BIKE&GYM		10:45 BIKE	11:00 DD-GYM
	11:45 RUN&JUMP				11:45 RUN&JUMP		11:45 A-RUN			11:45 RUN&JUMP
	12:30 A-RUN				12:15 A-RUN					12:30 A-RUN
13:00 FAST GYM			12:45 A-RUN			13:00 FAST GYM			12:45 FAST BIKE	13:00 A-RUN
13:30 FAST TONIC			13:15 BIKE&RUN		13:30 D&M PROGRAM	13:30 FAST TONIC			13:15 BIKE JUMP	
	14:00 FAST BYKE						14:00 A-RUN			
	14:30 BYKE EXTREME	14:30 A-GYM			14:30 BIKE EXTREME	14:30 A-GYM		14:30 A-GYM		
18:30 A-GYM	18:45 FAST BIKE	18:30 A-GYM		18:30 A-GYM		18:30 A-GYM	18:45 FAST BIKE	18:30 A-GYM		
19:15 A-CIRCUIT	19:15 FAST BIKE	19:15 TONIC-GYM	19:30 RUN&JUMP	19:15 DD-GYM		19:15 A-CIRCUIT	19:15 FAST BIKE	19:15 TONIC-GYM	19:30 A-RUN PROGRAM	
20:15 SPIN PLUS	20:15 A-JUMP	20:00 A-GYM	20:15 A-RUN*	20:00 BIKE&JUMP		20:15 SPIN PLUS	20:15 A-JUMP	20:00 A-GYM	20:15 A-RUN*	
		20:45 TONIC-GYM						20:45 TONIC-GYM		

Orari corsi fitness

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Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09:15 T1 POSTURAL	09:15 F1 PILATES 1	09:15 T1 POSTURAL	09:15 F1 PILATES 1	09:15 T1 POSTURAL	
10:15 T2 TONE BODY T.	10:15 F2 PILATES 2	10:15 T2 TONE BODY TOTAL	10:15 F2 PILATES 2	10:15 T2 TONE BODY T.	10:00 C3 ENERGY STEP
11:05 F1 TRAINING YOGA (*30)	11:15 T3 TRX /JUMP*(30)	11:05 F1 TRAINING YOGA (*30)	11:15 T3 TRX + G.A.G.* (*30)	11:05 F1 TRAINING YOGA (*30)	11:00 T3 G.A.G.* (*45)
					11:45 T3 TRX TRAINING (*30)
12:45 T3 TRX TRAINING (*30)	12:45 C3 CARDIO STEP	12:45 T3 TRX TRAINING	12:45 C3 CARDIO STEP	12:45 CT2 CARDIO TONE (*30)	
13:15 T2 BEST TRAINING	13:30 T3 H. MILITARY**	13:15 C3 HIP HOP DANCE+G.A.G.	13:30 T3 JUMP & TONE	13:15 C3 TRX MASTERCLASS	
14:15 F2 STRETCHING* (*30)	13:15 F3 POWER W.YOGA			14:15 T2 LEG / ABD* (*30)	
18:00 T3 LEG / ABDOMINAL	17:45 T2 POSTURAL 2 (*30)	18:00 T2 JUMP & TONE (*30)	17:45 T2 POSTURAL 2 (*45)		
18:30 T2 T.B.W.	18:30 T3 SUPER G.A.G.	18:30 C3 MIX DANCE REVOLUTION (*45)	18:30 T3 TOTAL BODY C.	18:30 T2 T.B.W.	
19:30 C2 STEP DANCE	19:30 F2 PILATES 2	19:15 C1 FULL IMMERSION CORE	19:30 T3 TRX MILITARY**	19:30 C3 STEP DANCE*	
20:30 F2 POWER V. YOGA	20:30 F1 PILATES 1	20:00 F1 POWER V.YOGA - Studio1	20:30 F2 YOGA -Studio1	20:30 F2 PILATES 2	
21:00 F1 YOGA - Studio3		20:45 F2 POWER V.YOGA -Studio1			

Novità 2011-2012

* = Attività riservate per abbonamenti Privilege

** = Attività nel parco esterno (tempo permettendo)

T = Tonificazione; F = Funzionale; C = Coreografico; 1,2,3 = Livello