



L'orario può subire variazioni a discrezione della Direzione che saranno prontamente comunicate

S1=STUDIO 1 • S2=STUDIO 2 • S3=STUDIO 3 • S4=STUDIO 4 • S5=STUDIO 5 • P=PARCO						
ora/giorno	LUN	MAR	MER	GIO	VEN	SAB
8.30		Fitness MORNING BOOST Mattia P S1			Fitness MORNING BOOST Mattia P S1	
9.30	Fitness PILATES&STRETCHING Valeria S1	⌚ TAI CHI Stefano S3	GINNASTICA FUNZIONALE Peppe S1	TAI CHI Stefano S3	Fitness PILATES&STRETCHING Valeria S1	⌚ NORDIC WALKING Rossella P dal 24/10
9.45		⌚ NORDIC WALKING Rossella P dal 20/10				
9.45		TONIFICAZIONE FITNESS S1		TONIFICAZIONE FITNESS S1		
10.00						GINNASTICA POSTURALE Mauro S1
10.30		GINNASTICA POSTURALE Mauro S1**	Fitness PILATES Adina S1	GINNASTICA POSTURALE Mauro S1**		
10.40	Fitness BODY WORK Adina S1				Fitness BODY WORK Adina S1	
11.00						Fitness TOTAL BODY Stefano S1
11.30		GINNASTICA POSTURALE Mauro S3**		GINNASTICA POSTURALE Mauro S3**		
11.30		Fitness SALSA&COREO Gaby S1		Fitness SALSA&COREO Gaby S1		Fitness CALISTHENICS Gianpaolo P
11.40	Fitness TAMBOO Adina S2**				Fitness TAMBOO Adina S2**	
12.30	Fitness AEROTONE Tiziana S1		Fitness AEROTONE Tiziana S1			Fitness VINYASA Barbara S3
13.40	Fitness PUMP CORE Adina S1		FUNCTIONAL TRAINING Mattia TR**		Fitness PUMP CORE Adina S1	
13.40		Fitness TOTAL BODY Maria S1				
15.30				⌚ NORDIC WALKING Rossella P dal 22/10		
16.30	⌚ Fitness YOGA AMACHE Angelo S1**		Fitness YOGA AMACHE Angelo S1**			
16.30	⌚ Fitness ZUMBA Chiara F S3		⌚ Fitness TOTAL BODY Chiara F S3			
17.00		GINNASTICA FUNZIONALE Luca Capuano S1		GINNASTICA FUNZIONALE Luca Capuano S1		
17.00		LOADED MOBILITY Adina S3		LOADED MOBILITY Adina S3		
17.30	⌚ GINNASTICA POSTURALE Mauro S1	Fitness CALISTHENICS PRINCIPIANTI Gianpaolo P	⌚ GINNASTICA POSTURALE Mauro S1	Fitness CALISTHENICS PRINCIPIANTI Gianpaolo P	GINNASTICA POSTURALE Mauro S1	
17.30	⌚ Fitness TOTAL BODY Chiara F S3		⌚ Fitness ZUMBA Chiara F S3			
18.00		Fitness CARDIO TONE Maria S1		Fitness CARDIO TONE Maria S1		
18.00		Fitness YIN YOGA Paola S3		Fitness YIN YOGA Paola S3		
18.00		Fitness TAMBOO Adina S2**		Fitness TAMBOO Adina S2**		
18.30	Fitness SUPER JUMP Mark S1**	Fitness CALISTHENICS ADVANCED Gianpaolo P	Fitness SUPER JUMP Mark S1**	Fitness CALISTHENICS ADVANCED Gianpaolo P	Fitness SPINEFITTER Mauro S1**	
18.30	Fitness PILATES Valeria S3		Fitness PILATES Chiara F. S3		Fitness PILATES Valeria S3	
19.00		Fitness BODY PUMP Adina S1		Fitness BODY PUMP Adina S1		
19.00	GINNASTICA POSTURALE Mauro S4		GINNASTICA POSTURALE Mauro S4			
19.30	Fitness PRE-BOXE Sergio S1		Fitness PRE-BOXE Sergio S1		Fitness PRE-BOXE Sergio S1	
19.30	METABOLIC TRAINING Valeria S3				METABOLIC TRAINING Valeria S3	



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FITNESS IN ACQUA

ora/giorno	LUN	MAR	MER	GIO	VEN	SAB
8.45		Fitness HYDROBIKE Stefano**		Fitness HYDROBIKE Stefano**		
11.45	Fitness AQUATHLETIC Tiziana	Fitness AQUAGYM Stefano	Fitness AQUATHLETIC Peppe	Fitness AQUAGYM Stefano	Fitness AQUATRaining Maria	
12.00						Fitness AQUATRaining Stefano
13.30	Fitness HYDROBIKE Tiziana**	Fitness AQUATRaining Stefano	Fitness HYDROBIKE Stefano**	Fitness AQUATRaining Stefano		
18.30	Fitness AQUAFITNESS Chiara A.		Fitness AQUAFITNESS Stefano		Fitness AQUAFITNESS Claudia	
18.50		Fitness HYDROBIKE Maria**		Fitness HYDROBIKE Maria**		

INDOOR CYCLING** Planning tipologia lezioni in sala Cycling

ora/giorno	LUN	MAR	MER	GIO	VEN	SAB
7.30		Maddalena		Chiara		Maddalena
10.30						Enrico
11.30						
13.30	Maddalena		Francesca		Maddalena	
19.00	Maddalena	Roberto	Enrico	Maddalena	Roberto	



FAST SESSION**

Triform Area - Sala Pesi&Cardio

ora/giorno	LUN	MAR	MER	GIO	VEN	SAB
13.30	Fitness Cardio&Lower Davide	Fitness Cardio&Core Giampaolo		Fitness Cardio&Core Giampaolo	Fitness Cardio&Upper Davide	
18.30	Fitness Cardio&Core Davide	Fitness Cardio&Lower Diego		Fitness Cardio&Upper Diego	Fitness Cardio&Core Davide	
19.30	Fitness Cardio&Upper Davide	Fitness Cardio&Upper Diego	Fitness Cardio&TotalBody Mattia	Fitness Cardio&Lower Diego	Fitness Cardio&Lower Davide	

Lower: gambe e glutei · **Upper:** petto, dorso e braccia · **Core:** addome

**prenotazione tramite App Quota a parte



Nuova Lezione/Corso



Orario Provvisorio