













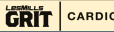




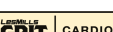


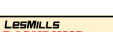

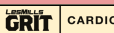



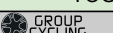


	lunedì	martedì	mercoledì	giovedì	venerdì	sabato	domenica	
08.15	AQUA BIKE 45'	AQUA WALKING 45'	AQUA GYM 45'	AQUA BIKE 45'	AQUA CIRCUIT 45'			08.15
08.30	BACK SCHOOL 50'			BACK SCHOOL 50'				08.30
09.15	AQUA GYM 45'	G.A.I.A. 45'		AQUA GYM 45'	G.A.I.A. 45'			09.15
09.30	YOGA 90'	PILATES 60'		YOGA 90'	PILATES 60'			09.30
09.30	 45'		 30'		 30'			09.30
10.00			 30'		 30'	PILATES 50'		10.00
10.15	 30'	AQUA CIRCUIT 45'	AQUA GYM 45'		AQUA GYM 45'		HAPPY GYM 45'	10.15
10.30						 30'		10.30
11.00						GINNASTICANDO 60'		11.00
11.00						 30'	HAPPY GYM 45'	11.00
11.15						AQUA WALKING 45'		11.15
12.00						AQUA CIRCUIT 45'		12.00
12.30		AQUA CIRCUIT 45'	AQUA GYM 45'		AQUA CIRCUIT 45'			12.30
12.30	 30'	CROSS TRAINING 60'	 45'	CROSS TRAINING 60'	 45'			12.30
12.45	 50'		 50'					12.45
13.10	 30'							13.10
13.15	AQUA CIRCUIT 45'			AQUA CIRCUIT 45'				13.15
13.20			 30'		 30'			13.20
13.30		PILATES 60'	AQUA BIKE 45'		PILATES 60'			13.30
14.00		AQUA WALKING 45'			AQUA WALKING 45'			14.00
15.00	G.A.I.A. 45'	G.A.I.A. 45'		G.A.I.A. 45'				15.00
16.15						AQUA BIKE 45'		16.15
16.30	GINNASTICANDO 3/6 60'			GINNASTICANDO 3/6 60'				16.30
17.30	GINNASTICANDO 7/10 60'			GINNASTICANDO 7/10 60'				17.30
17.30	CALISTHENICS 90'				CALISTHENICS 90'			17.30
18.00	 60'	AQUA GYM 45'		AQUA GYM 45'	AQUA BIKE 45'			18.00
18.30	AQUA GYM 45'		AQUA BIKE 45'					18.30
18.30	PILATES 50'		PILATES 50'					18.30
18.30	 45'		 45'		 30'			18.30
18.45		AQUA CIRCUIT 45'		AQUA BIKE 45'	AQUA CIRCUIT 45'			18.45
19.00	 60'	WALKING 60'	 60'		WALKING 60'			19.15
19.00		PILATES 60'		PILATES 60'				19.00
19.20					 30'			19.20
19.30	AQUA BIKE 45'		AQUA CIRCUIT 45'					19.30
19.30	CROSS TRAINING 50'	HIIT STRENGHT 50'	CROSS TRAINING 50'	HIIT CARDIO 40'	CROSS TRAINING 50'			19.30
19.30	 30'		 30'					19.30
19.35		AQUA BIKE 45'		AQUA GYM 45'	AQUA BIKE 45'			19.35
19.50					 30'			19.50
20.00								20.00
20.20	 45'		 45'	AQUA WALKING 45'				20.20
20.30	AQUA WALKING 45'		AQUA GYM 45'		YOGA 60'			20.30
20.30			YOGA 60'		 60'			20.30

Corsi ed orari potrebbero variare. Prenotazione obbligatoria tramite App MyWellness o in reception allo 0734967162

PISCINA

SALA BODY & MIND

SALA GROUP CYCLING

SALA LES MILLS

AREA CROSS TRAINING