

	lunedì	martedì	mercoledì	giovedì	venerdì	sabato	domenica	
08.15	AQUA BIKE 45'	AQUA CIRCUIT 45'	AQUA GYM 45'	AQUA BIKE 45'	AQUA CIRCUIT 45'			08.15
08.30	BODYPUMP 45'		YOGA 60'		YOGA 60'			08.30
08.30	BACK SCHOOL 50'	G.A.I.A. 45'		BACK SCHOOL 45'	G.A.I.A. 45'			08.30
08.30					BODYPUMP 45'			08.30
09.00	AQUA BIKE 45'		CORE 30'	AQUA BIKE 45'				09.00
09.15		AQUA VITALITY 45'			AQUA VITALITY 45'			09.15
09.15					BODY BALANCE 45'			09.15
09.20	CORE 30'							09.20
09.30				SHAPES 45'		BODYPUMP 45'		09.30
09.30	G.A.I.A. 45'			G.A.I.A. 45'				09.30
09.45	AQUA GYM 45'		PILATES 50'	AQUA GYM 45'				09.45
09.45	PILATES 50'				PILATES 60'			09.45
10.00						AQUA WALKING 45'	HAPPY GYM 45'	10.00
10.00						PILATES 50'		10.00
10.15		AQUA CIRCUIT 45'	AQUA GYM 45'		AQUA CIRCUIT 45'	LES MILLS 30'		10.15
10.30				G.A.I.A. 45'				10.30
11.00	G.A.I.A. 45'	G.A.I.A. 45'			G.A.I.A. 45'	AQUA CIRCUIT 45'	HAPPY GYM 45'	11.00
12.30		AQUA CIRCUIT 45'	AQUA GYM 45'		AQUA BIKE 45'			12.30
12.30	CORE 45'							12.30
12.30	CROSS TRAINING 60'			GROUP CYCLING 60'	CROSS TRAINING 60'			12.30
12.45		BODYPUMP 30'		BODYPUMP + CORE 45'				12.45
13.10								13.10
13.15	AQUA CIRCUIT 45'			AQUA CIRCUIT 45'				13.15
13.20	BODY BALANCE 30'							13.20
13.30		PILATES 50'	AQUA BIKE 45'	PILATES 50'				13.30
14.00		AQUA WALKING 45'			AQUA WALKING 45'			14.00
15.00	G.A.I.A. 45'			G.A.I.A. 45'		AQUA GYM 45'		15.00
15.45						AQUA BIKE 45'		15.45
16.30	GINNASTICANDO 60'			GINNASTICANDO 60'				16.30
17.45		CALISTHENICS 90'		CALISTHENICS 90'				17.45
17.45								17.45
18.00	AQUA BIKE 45'	AQUA CIRCUIT 45'		AQUA GYM 45'	AQUA BIKE 45'			18.00
18.15	BODY BALANCE 45'			BODY BALANCE 45'				18.15
18.30	CROSS TRAINING 60'		CROSS TRAINING 60'		CROSS TRAINING 60'			18.30
18.30		PILATES 60'	AQUA BIKE 45'	PILATES 60'				18.30
18.45	AQUA GYM 45'	AQUA CIRCUIT 45'		AQUA BIKE 45'	AQUA CIRCUIT 45'			18.45
19.00	GROUP CYCLING 60'	WALKING 60'	GROUP CYCLING 60'		WALKING 60'			19.00
19.00	BODYPUMP 45'				BODYPUMP 30'			19.00
19.00	SHAPES 45'		SHAPES 45'		PILATES 50'			19.00
19.30		YOGA 60'	AQUA CIRCUIT 45'	YOGA 60'				19.30
19.30	CROSS TRAINING 60'	HIIT STRENGTH 45'	CROSS TRAINING 60'	HIIT CARDIO 30'	CROSS TRAINING 60'			19.30
19.30	G.A.I.A. 45'		GRIT 30'	G.A.I.A. 45'	CORE 30'			19.30
19.35	AQUA WALKING 45'	AQUA BIKE 45'		AQUA CIRCUIT 45'	AQUA BIKE 45'			19.35
20.10	PILATES 50'		BODYPUMP 45'		GROUP CYCLING 60'			20.10
20.15		GROUP CYCLING 60'	GROUP CYCLING 60'					20.15
20.30	AQUA BIKE 45'		AQUA BIKE 45'	AQUA GYM 45'				20.30

Corsi ed orari potrebbero variare. Prenotazione obbligatoria tramite Technogym App o in reception allo 0734967162. I corsi in rosso non sono ancora attivi.

PISCINA

PALESTRA DELLA SALUTE

LES MILLS

GROUP CYCLING

AREA CROSS TRAINING

BODY & MIND