

Christmas ENERGY PLANNING speciale settimana 22/12 - 28/12

lunedì 22/12		martedì 23/12		mercoledì 24/12	
08:15 AQUA BIKE 45'	08:30 BACK SCHOOL 50'	08:15 AQUA CIRCUIT 45'	08:30 G.A.I.A. 45'	08:15 AQUA GYM 45'	
09:00 AQUA BIKE 45'	09:00 CEREMONY 45'	09:15 AQUA VITALITY 45'			
09:30 G.A.I.A. 45'	09:45 AQUA GYM 45'			09:30 CEREMONY 45'	09:30 GROUP CYCLING 60'
09:45 PILATES 50'		09:45 PILATES 50'	10:15 AQUA CIRCUIT 45'	09:45 PILATES 50'	10:15 AQUA GYM 45'
12:30 CROSS TRAINING 60'	13:00 SHAPES	11:00 G.A.I.A. 45'	12:30 AQUA CIRCUIT 45'		
13:15 AQUA CIRCUIT 45'		12:45 H.I.I.T. CARDIO 45'	13:30 PILATES 50'	13:00 AQUA GYM 45'	
15:00 G.A.I.A. 45'		14:00 AQUA WALKING 45'	17:45 CALISTHENICS 90'		
18:00 AQUA BIKE 45'	18:15 PILATES 50'	18:00 AQUA CIRCUIT 45'	18:30 PILATES 50'		
18:30 CROSS TRAINING 60'	18:45 AQUA GYM 45'		18:45 AQUA CIRCUIT 45'		
19:00 GROUP CYCLING 60'	19:00 SHAPES 45'	19:00 WALKING 60'			
19:15 H.I.I.T. CARDIO 45'	19:30 CROSS TRAINING 60'	19:30 H.I.I.T. STRENGTH 45'			
19:30 G.A.I.A. 45'	19:35 AQUA WALKING 45'		19:35 AQUA BIKE 45'		
20:10 PILATES 50'		20:15 GROUP CYCLING 60'			
giovedì 25/12		venerdì 26/12		sabato 27/12	
CHIUSO		FESTIVO corsi fitness sospesi solo attività libera in Palestra e Piscina		09:30 WALKING 60'	09:45 AQUA WALKING 45'
				10:00 PILATES 50'	10:45 GROUP CYCLING 60'
				11:00 AQUA CIRCUIT 45'	
				domenica 28/12	
				10:00 HAPPY GYM 45'	11:00 HAPPY GYM 45'

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

PISCINA

PALESTRA DELLA
SALUTE

CORSI LES MILLS

SALA GROUP CYCLING

AREA CROSS
TRAINING

CORSI BODY & MIND

Christmas ENERGY PLANNING speciale settimana 29/12 - 04/01

lunedì 29/12		martedì 30/12		mercoledì 31/12	
08:15 AQUA BIKE 45'	08:30 BACK SCHOOL 50'	08:15 AQUA CIRCUIT 45'	08:30 G.A.I.A. 45'	08:15 AQUA GYM 45'	
09:00 AQUA BIKE 45'	09:00 CEREMONY 45'	09:15 AQUA VITALITY 45'			
09:30 G.A.I.A. 45'	09:45 AQUA GYM 45'			09:30 CEREMONY 45'	09:30 GROUP CYCLING 60'
09:45 PILATES 50'		09:45 PILATES 50'	10:15 AQUA CIRCUIT 45'	09:45 PILATES 50'	10:15 AQUA GYM 45'
12:30 CROSS TRAINING 60'	13:00 SHAPES	11:00 G.A.I.A. 45'	12:30 AQUA CIRCUIT 45'		
13:15 AQUA CIRCUIT 45'		12:45 H.I.I.T. CARDIO 45'	13:30 PILATES 50'	13:00 AQUA GYM 45'	
15:00 G.A.I.A. 45'		14:00 AQUA WALKING 45'	17:45 CALISTHENICS 90'		
18:00 AQUA BIKE 45'	18:15 PILATES 50'	18:00 AQUA CIRCUIT 45'	18:30 PILATES 50'		
18:30 CROSS TRAINING 60'	18:45 AQUA GYM 45'		18:45 AQUA CIRCUIT 45'		
19:00 GROUP CYCLING 60'	19:00 SHAPES 45'	19:00 WALKING 60'			
19:15 H.I.I.T. CARDIO 45'	19:30 CROSS TRAINING 60'	19:30 H.I.I.T. STRENGTH 45'			
19:30 G.A.I.A. 45'	19:35 AQUA WALKING 45'		19:35 AQUA BIKE 45'		
20:10 PILATES 50'		20:15 GROUP CYCLING 60'			
giovedì 1/1		venerdì 2/1		sabato 3/1	
CHIUSO		08:15 AQUA CIRCUIT 45'	08:30 G.A.I.A. 45'	09:30 BODYPUMP 45'	09:45 AQUA WALKING 45'
		08:30 BODYPUMP 45'	09:15 AQUA VITALITY 45'	10:00 PILATES 50'	10:15 CORE 30'
		09:15 BODYBALANCE 30'		11:00 AQUA CIRCUIT 45'	
		10:00 PILATES 50'	10:15 AQUA CIRCUIT 45'		
		12:30 CROSS TRAINING 60'	12:30 AQUA BIKE 45'		
		14:00 AQUA WALKING 45'			
		18:00 AQUA BIKE 45'	18:30 CROSS TRAINING 60'	domenica 4/1	
			18:45 AQUA CIRCUIT 45'		
		19:00 WALKING 60'	19:00 PILATES 50'		
		19:00 BODYPUMP 45'	19:30 CROSS TRAINING 60'		
			19:35 AQUA BIKE 45'		
		20:15 GROUP CYCLING 60'		10:00 HAPPY GYM 45'	11:00 HAPPY GYM 45'

CHIUSURA ANTICIPATA
alle ore 18:00

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