

LUNEDÌ		MARTEDÌ		MERCOLEDÌ	
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'	
08:30 BODYPUMP 45'			08:30 LES MILLS YOGA	08:30 PILATES 50'	
09:00 AQUA BIKE 45'	09:20 CORE 30'	09:15 AQUA VITALITY 45'		09:00 BODYCOMBAT 45'	
09:30 G.A.I.A. 45'	09:45 AQUA GYM 45'				
09:45 PILATES 50'		10:15 AQUA CIRCUIT 45'	11:00 G.A.I.A. 45'	09:45 PILATES 50'	10:15 AQUA GYM 45'
12:30 CROSS TRAINING 60'		12:30 AQUA CIRCUIT 45'	12:45 BODYPUMP 30'		12:30 AQUA GYM 45'
13:15 AQUA CIRCUIT 45'	13:20 SHAPES 45'		13:20 CORE 30'	13:20 CEREMONY 45'	
	13:20 BODYBALANCE 30'	13:30 PILATES 50'	14:00 AQUA WALKING 45'	13:30 AQUA BIKE 45'	
15:00 G.A.I.A. 45'					
16:30 GINNASTICANDO 60'			17:45 CALISTHENICS 90'		
18:00 AQUA BIKE 45'	18:15 BODYBALANCE 45'	18:00 AQUA CIRCUIT 45'	18:30 PILATES 50'		18:20 GROUP CYCLING 60'
18:30 CROSS TRAINING 60'	18:45 AQUA GYM 45'		18:45 AQUA CIRCUIT 45'	18:30 CROSS TRAINING 60'	18:30 AQUA BIKE 45'
19:00 GROUP CYCLING 60'	19:00 SHAPES 45'	19:00 WALKING 60'			18:45 SHAPES 45'
19:15 BODYPUMP 45'	19:30 CROSS TRAINING 60'	19:30 BODYBALANCE 45'	19:30 CEREMONY 45'	19:30 GRIT CARDIO 30'	19:30 CROSS TRAINING 60'
19:30 G.A.I.A. 45'	19:35 AQUA WALKING 45'	19:30 LES MILLS YOGA	19:35 AQUA BIKE 45'	19:30 GROUP CYCLING 60'	19:30 AQUA CIRCUIT 45'
	20:10 PILATES 50'			19:40 BACK SCHOOL 50'	
20:20 BODYCOMBAT 45'	20:30 AQUA BIKE 45'		20:15 GROUP CYCLING 60'	20:10 BODYPUMP 45'	20:30 AQUA BIKE 45'
GIOVEDÌ		VENERDÌ		SABATO	
08:15 AQUA BIKE 45'	08:30 BACK SCHOOL 50'	08:15 AQUA CIRCUIT 45'	08:30 G.A.I.A. 45'	09:15 LES MILLS PARTY	
09:00 AQUA BIKE 45'	09:30 SHAPES 45'	08:30 BODYPUMP 30'	08:30 LES MILLS YOGA	10:00 PILATES 50'	10:00 AQUA WALKING 45'
09:30 G.A.I.A. 45'	09:45 AQUA GYM 45'	09:15 AQUA VITALITY 45'	09:15 BODYBALANCE 30'		11:00 AQUA CIRCUIT 45'
10:30 G.A.I.A. 45'		09:45 PILATES 50'	10:15 AQUA CIRCUIT 45'		
12:45 BODYPUMP 45'	13:30 PILATES 50'	12:30 CROSS TRAINING 60'	12:30 AQUA BIKE 45'	15:00 AQUA GYM 45'	15:45 AQUA BIKE 45'
13:15 AQUA CIRCUIT 45'		13:30 BODYCOMBAT 30'			
		14:00 AQUA WALKING 45'			
15:00 G.A.I.A. 45'					
16:30 GINNASTICANDO 60'	17:45 CALISTHENICS 90'				
18:00 AQUA GYM 45'	18:15 BODYBALANCE 45'	18:00 AQUA BIKE 45'	18:30 CROSS TRAINING 60'		
	18:30 PILATES 50'		18:45 AQUA CIRCUIT 45'		
	18:45 AQUA BIKE 45'	19:00 WALKING 60'	19:00 PILATES 50'		
19:30 H.I.I.T. CARDIO 45'	19:30 SHAPES 45'	19:00 BODYPUMP 45'	19:30 CROSS TRAINING 60'		
19:30 G.A.I.A. 45'	19:35 AQUA CIRCUIT 45'	19:30 CORE 30'	19:35 AQUA BIKE 45'		
	20:30 AQUA GYM 45'	20:00 LES MILLS YOGA	20:15 GROUP CYCLING 60'		
				DOMENICA	
				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	SALA LES MILLS	SALA GROUP CYCLING	AREA CROSS TRAINING	SALA BODY & MIND
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