PLANNING CORSI FITNESS A TERRA E IN ACQUA in vigore dal 16 Novembre 2026

LUNEDì	
	08:10 AQUA BIKE 45'
08:30 GEA 45'	08:30 LM BODYPUMP 45'
	09:00 AQUA BIKE 45'
09:20 LM CORE 30'	09:30 GAIA 45'
09:45 PILATES 50'	09:50 AQUA GYM 45'
	10:30 GAIA 45'
12:30 CROSS TRAINING 60'	12:30 AQUA BIKE 45'
	13:30 PILATES 50'
	14:00 AQUA CIRCUIT 45'
17:45 LM BODYBALANCE 45'	
18:00 AQUA GYM 45'	
18:30 LM SHAPES 45'	18:30 CROSS TRAINING 60'
18:45 LM BODYCOMBAT 45'	18:50 AQUA CIRCUIT 45'
19:15 GROUP CYCLING 60'	19:30 GAIA 45'
19:30 PILATES 50'	19:30 CROSS TRAINING 60'
19:40 AQUA BIKE 45'	19:45 LM BODYPUMP 45'
20:30 AQUA GYM 45'	

MARTEDì	
07:15 AQUA GYM 45'	08:15 AQUA CIRCUIT 45'
08:30 BACK SCHOOL 45'	08:30 LM YOGA 45'
	09:30 GAIA 45'
	10:30 AQUA VITALITY 45'
	12:30 AQUA GYM 45'
12:45 LM BODYPUMP + CORE 60'	13:30 LM SHAPES 45'
13:20 AQUA WALKING 45'	
15:00 GAIA 45'	
17:30 LM YOGA 45'	17:45 CALISTHENICS 90'
18:00 AQUA CIRCUIT 45'	
18:30 PILATES 50'	
	18:50 AQUA GYM 45'
	19:30 BACK SCHOOL 45'
	19:30 LM CEREMONY HYROX 45'
19:40 AQUA BIKE 45'	20:15 GROUP CYCLING 60'
	20:30 PILATES 50'

MERCOLELDì	
	08:10 AQUA GYM 45'
08:30 GEA 45'	08:30 LM BODYPUMP + COMBAT 75'
	09:30 GAIA 45'
09:30 PILATES 50'	10:15 AQUA GYM 45'
	10:30 GAIA 45'
12:30 LM CEREMONY HYROX 45'	12:30 AQUA GYM 45'
	13:30 PILATES 50'
	14:00 AQUA BIKE 45'
18:00 AQUA CIRCUIT 45'	18:00 WALKING 60'
18:30 LM SHAPES 45'	18:30 CROSS TRAINING 60'
18:45 LM BODYPUMP + CORE 75'	18:50 AQUA WALKING 45'
19:15 GROUP CYCLING 60'	19:30 GAIA 45'
	19:30 CROSS TRAINING 60'
20:30 AQUA CIRCUIT 45'	

GIOVEDì	
07:15 AQUA BIKE 45'	08:15 AQUA BIKE 45'
08:30 BACK SCHOOL 45'	08:30 LM YOGA 45'
	09:15 AQUA GYM 45'
09:30 LM SHAPES 45'	
	10:30 AQUA VITALITY 45'
12:45 LM BODYPUMP + CORE 60'	
13:20 AQUA CIRCUIT 45'	13:30 LM SHAPES 45'
15:00 GAIA 45'	
17:45 LM BODYBALANCE 45'	17:45 CALISTHENICS 90'
18:00 AQUA GYM 45'	
18:30 BACK SCHOOL 45'	
	18:50 AQUA BIKE 45'
19:30 PILATES 50'	19:30 LM CEREMONY HYROX 45'
19:40 AQUA CIRCUIT 45'	
20:30 AQUA GYM 45'	

VENERDì	
	08:10 AQUA CIRCUIT 45'
	08:45 LM BODYBALANCE 45'
09:00 GAIA 45'	
09:45 PILATES 50'	09:50 AQUA GYM 45'
10:00 GEA 45'	11:00 GAIA 45'
12:30 CROSS TRAINING 60'	12:30 AQUA CIRCUIT 45'
	14:00 AQUA WALKING 45'
17:30 LM YOGA 45'	
18:00 AQUA BIKE 45'	18:00 WALKING 60'
18:30 PILATES 50'	18:30 CROSS TRAINING 60'
18:30 LM CORE 45'	18:50 AQUA CIRCUIT 45'
19:15 GROUP CYCLING 60'	19:30 CROSS TRAINING 60'
19:30 LM BODYPUMP 45'	19:40 AQUA BIKE 45'

SABATO	
09:00 AQUA CIRCUIT 45'	
	09:15 LM BODYPUMP + CORE 60'
10:00 AQUA WALKING 45'	
10:00 PILATES 50'	10:00 GROUP CYCLING 60'
15:00 AQUA GYM 45'	15:50 AQUA BIKE 45'

DOMENICA	
10:00 HAPPY GYM 45'	11:00 HAPPY GYM 45'

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

PALESTRA DELLA SALUTE	PISCINA	SALA GROUP CYCLING	SALA BODY & MIND	SALA LES MILLS	AREA CROSS TRAINING