



Con voi dal 1984

orario fitness

orario aquagym

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

13:30 FIT BOXE  
AQUA CIRCUITO

15:30 HATHA YOGA

DOMENICA

10:30 AQUA CIRCUITO

08:00 HATHA YOGA

09:15 AQUA GYM

10:30 TONE UP  
AQUA GYM

13:30 CIRCUIT BOXE  
AQUA FIT

17:15 AQUA GYM

18:00 PILATES AVANZATO  
AQUA FIT

18:45 CARDIO COMBAT  
AQUA SLIM

19:30 POWER PUMP  
AQUA TABATA

20:15 GAG

10:00 AQUA GYM

10:30 ED. POSTURALE

13:30 BODY PUMP  
AQUA SLIM

17:15 PILATES BASE

18:00 TOTAL FIT  
AQUA SLIM

18:45 GAG  
19:00 AQUA MIX

19:30 **HAMAZON**

20:15 FIT BOXE  
AQUA KICK

08:00 HATHA YOGA

09:15 AQUA GYM

10:30 BODY FITBALL  
AQUA GYM

13:30 CIRCUIT BOXE  
AQUA FIT

17:15 AQUA GYM

18:00 PILATES AVANZATO  
AQUA CIRCUITO

18:45 CARDIO COMBAT  
AQUA SNAKE

19:30 POWER PUMP  
AQUA TABATA

20:15 TOTAL FIT

10:00 AQUA GYM

10:30 ED POSTURALE

13:30 BODY PUMP  
AQUA SLIM

17:15 PILATES BASE

18:00 GAG  
AQUA SLIM

18:45 TOTAL FIT  
19:00 AQUA MIX

19:30 **HAMAZON**

20:15 FIT BOXE  
AQUA KICK

10:00 AQUA GYM

10:30 TONE UP

13:30 CIRCUIT BOXE  
AQUA FIT

17:15 AQUA GYM

18:00 PILATES AVANZATO  
AQUA FIT

18:45 CARDIO COMBAT  
AQUA SLIM

19:30 POWER PUMP  
AQUA TABATA

20:15 GAG

Circuito *Woman*

LUN	MAR	MER	GIO	VEN
10.00	09.30	10.00	09.30	09.30
13.00		13.00		13.00
18.05		18.05		18.05
zumba		zumba		zumba

Corsi per bambini

LUNEDI'	16.30
MARTEDI'	16.30
SABATO	10.45
SABATO	11.45

Calisthenics

LUNEDI'	16.30
MERCOLEDI'	16.30
VENERDI'	10.45
SABATO	11.45

Well Back System

LUN	MAR	MER	GIO	VEN	SAB
08.45		08.45		08.45	
	10.00		10.00		12.30
17.00		17.00		17.00	

orario di apertura:  
 lunedì - venerdì 8.00-22.30  
 sabato 8.00-20.00  
 domenica 8.00-13.00

sauna:  
 lunedì - venerdì 17.00-22.00  
 sabato 15.00-20.00

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