



CORSI DI GRUPPO

STUDIO 1

9:00-09:45
FULL BODY

10:00-10:45
POSTURAL

11:00-11:45
FLEXABILITY

12:00-12:45
**PILATES
ATHLETIC**

13:00-13:45
PUMP

18:00-18:45
STEP

19:00-19:45
SCULPT

20:00-20:45
FLEXABILITY

STUDIO 2

11:00-11:45
🧘 **ZUMBA**

13:00-14:00
**YOGA
ALIGN**

REFORMER

07:15-08:00
**REFORMER
ALIGN**

09:45-10:30
**REFORMER
FUNDAMENTAL**

10:45-11:30
**REFORMER
ALIGN**

12:00-12:45
**REFORMER
ATHLETIC**

14:00-14:45
**REFORMER
ALIGN**

16:45-17:30
**REFORMER
ALIGN**

17:45-18:30
**REFORMER
ATHLETIC**

18:45-19:30
**REFORMER
ALIGN**

CYCLING

18:30-19:30
CYCLING

19:45-20:45
CYCLING

FUNZIONALE

07:30-08:15
CROSS

18:30-19:15
CROSS

19:30-20:15
CROSS

Lunedì
LUNEDÌ

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

10:15-11:00
HYDROBIKE

18:00-18:45
TONE

19:00-19:45
HYDROBIKE

06:30-22:30
**NUOTO
LIBERO**



CORSI DI GRUPPO

STUDIO 1

9:15-10:00
PILATES ALIGN

10:15-11:00
SCULPT

11:15-12:15
POSTURAL

17:15-17:45
ABS

18:00-19:00
SCULPT

19:15-20:00
PUMP

STUDIO 2

08:30-09:15
FLEXABILITY

10:15-11:00
BARRE +

18:00-18:45
POSTURAL

19:00-20:00
YOGA ALIGN

REFORMER

07:15-08:00
**REFORMER
ALIGN**

10:15-11:00
**REFORMER
ALIGN**

11:15-12:00
**REFORMER
ATHLETIC**

13:00-13:45
**REFORMER
FUNDAMENTAL**

14:00-14:45
**REFORMER
ATHLETIC**

17:00-17:45
**REFORMER
ALIGN**

18:00-18:45
**REFORMER
ATHLETIC**

19:15-20:00
**REFORMER
ALIGN**

20:15-21:00
**REFORMER
ATHLETIC**

CYCLING

07:15-08:15
CYCLING

19:00-20:00
CYCLING

FUNZIONALE

07:15-08:00
CALISTHENICS

18:45-19:30
CROSS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

11:45-12:30
CROSS

18:45-19:30
HYDROBIKE

06:30-22:30
**NUOTO
LIBERO**

Martedì
MARTEDÌ



CORSI DI GRUPPO

MeNoMedi
MERCOLEDÌ

STUDIO 1

10:15-10:45
ABS

11:15-12:00
FULL BODY

12:15-13:00
 **ZUMBA**

18:00-18:45
FULLBODY

19:00-19:45
SCULPT

STUDIO 2

07:15-08:00
**PILATES
FUNDAMENTAL**

09:15-10:00
**PILATES
ALIGN**

13:15-14:00
TRX

15:45-16:30
POSTURAL

17:00-17:45
**PILATES
ALIGN**

18:15-19:00
TRX

19:15-20:00
FLEXABILITY

20:15-21:00
BARRE +

REFORMER

08:15-09:00
**REFORMER
ALIGN**

12:15-13:00
**REFORMER
ALIGN**

18:00-18:45
**REFORMER
FUNDAMENTAL**

19:00-19:45
**REFORMER
ALIGN**

20:00-20:45
**REFORMER
ATHLETIC**

CYCLING

13:00-14:00
CYCLING

18:00-19:00
CYCLING

19:15-20:15
CYCLING

FUNZIONALE

07:15-08:00
CROSS

13:30-14:15
CROSS

18:00-19:00
CALISTHENICS

19:45-20:30
CROSS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

11:15-12:00
HYDROBIKE

13:15-14:00
CROSS

18:30-19:15
TONE

19:30-20:15
HYDROBIKE

06:30-22:30

**NUOTO
LIBERO**



CORSI DI GRUPPO

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GIOVEDÌ

STUDIO 1

09:45-10:30
POSTURAL

11:00-11:45
SCULPT

16:15-17:00
FLEXABILITY

17:15-18:00
FULL BODY

18:15-19:00
PUMP

19:15-20:00
**FUNCTIONAL
TRAINING**

20:15-21:00
 **ZUMBA**

STUDIO 2

07:15-08:00
TRX

10:15-11:00
BARRE +

12:00-12:45
FLEXABILITY

13:00-14:00
**YOGA
ALIGN**

18:15-19:15
**YOGA
STRENGTH**

19:30-20:30
YOGA CALM

REFORMER

08:45-09:30
**REFORMER
ALIGN**

10:30-11:15
**REFORMER
ALIGN**

11:30-12:15
**REFORMER
ALIGN**

15:30-16:15
**REFORMER
ALIGN**

17:15-18:00
**REFORMER
ALIGN**

18:30-19:15
**REFORMER
ATHLETIC**

CYCLING

19:00-20:00
CYCLING

FUNZIONALE

19:00-20:00
CALISTHENICS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

10:45-11:30
CROSS

17:15-18:00
HYDROBIKE

19:15-20:00
TONE

06:30-22:30

**NUOTO
LIBERO**



CORSI DI GRUPPO

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VENERDÌ

STUDIO 1

09:30-10:15
POSTURAL

10:30-11:15
PUMP

13:00-13:45
FULL BODY

17:15-18:00
🧘 **ZUMBA**

18:00-18:45
SCULPT

STUDIO 2

10:15-11:15
**YOGA
ALIGN**

13:15-14:00
**PILATES
ALIGN**

17:00-17:45
FLEXABILITY

REFORMER

07:15-08:00
**REFORMER
ATHLETIC**

11:15-12:00
**REFORMER
ALIGN**

12:15-13:00
**REFORMER
ATHLETIC**

18:00-18:45
**REFORMER
ALIGN**

19:00-19:45
**REFORMER
ATHLETIC**

CYCLING

07:15-08:15
CYCLING

11:15-12:15
CYCLING

13:00-14:00
CYCLING

FUNZIONALE

18:30-19:15
CROSS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

10:45-11:30
ENDURANCE

19:00-19:45
HYDROBIKE

06:30-22:30
**NUOTO
LIBERO**



CORSI DI GRUPPO

STUDIO 1

09:00-10:10
POSTURAL

12:00-12:45
 **ZUMBA**

STUDIO 2

16:30-17:30
**YOGA
STRENGHT**

17:45-18:45
YOGA CALM

REFORMER

10:15-11:00
**REFORMER
ALIGN**

11:45-12:30
**REFORMER
ATHLETIC**

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ALIGN**

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**REFORMER
ATHLETIC**

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**REFORMER
ALIGN**

CYCLING

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CYCLING

11:30-12:30
CYCLING

FUNZIONALE

09:00-09:45
CROSS

10:00-10:45
CROSS

WATER

14:00-14:45
TONE

15:00-15:45
HYDROBIKE

08:00-19:30

**NUOTO
LIBERO**

STUDIO 1

09:00-09:45
FLEXABILITY

10:00-10:45
SCULPT

12:00-12:45
FULL BODY

REFORMER

11:00-11:45
**REFORMER
ALIGN**

WATER

08:00-19:30
12:15-13:00

**NUOTO
LIBERO**

SABATO

GLI ORARI POSSONO
SUBIRE VARIAZIONI

DOMENICA