

MATTINO

PAUSA PRANZO

KIDS

PRESERALE

SERALE

LUNEDI				MARTEDI				MERCOLEDI				GIOVEDI				VENERDI				SABATO				
SALA ENERGY	SALA CONSCIOUS	PISCINA TERME	ACCAD. YOGA	SALA ENERGY	SALA CONSCIOUS	PISCINA TERME	ACCAD. YOGA	SALA ENERGY	SALA CONSCIOUS	PISCINA TERME	ACCAD. YOGA	SALA ENERGY	SALA CONSCIOUS	PISCINA TERME	ACCAD. YOGA	SALA ENERGY	SALA CONSCIOUS	PISCINA TERME	ACCAD. YOGA	SALA ENERGY	SALA CONSCIOUS	PISCINA	TERME	
	9.30-10.30 POSTURAL Roberta				9.30-10.15 PILATES Roberta				9.30-10.00 MAT PILATES Tiziano				09.30-10.30 POSTURAL Roberta	9.30-10.15 ACQUA DOLCE Marco S.				9.30-10.15 ZEROGRAVITY WATER Eleonora		10.15-11.00 INDOOR			12.15-12.30 Aufguss	
10.30-11.15 INDOOR Roberta		10.30-11.15 IDRO STEP Gisella			10.20-10.50 FUNCTIONAL H.I.I.T Roberta		10.00-11.00 LIV 1 Fabrizio		10.30-11.30 ZUMBA Carlos	10.30-11.15 DRENA FIT Luca	10.00-11.00 LIV 1-2 Barbara	10.30-11.15 INDOOR Roberta					11.00-11.45 PILATES Valentina/ Shara	10.30-10.45 Aufguss Sauna	10.00-11.00 LIV 1-2 Fabrizio		11.00-11.25 ADDOME	11.15-12.00 AQUAFITNESS Luca		
				11.15-12.00 PANCA STRETCH Andrea PT		11.30-12.00 Viso Suite Sale				11.30-11.45 Aufguss Sauna													16.45-17.15 Yogurt B. Mousse Hammam	
						12.15-12.30 Aufguss Sauna			11.45-12.15 FUNCTIONAL H.I.I.T Tiziano	12.30-13.00 Yogurt B. Mousse Hammam								11.45-12.30 TBW Valentina/ Shara	12.00-12.30 Viso Suite Sale				17.45-18.00 Aufguss Sauna	
	12.30 - 13.15 AEROTONE Shara	12.00-12.15 Aufguss Hammam			12.45-13.15 CARDIO & TONE Giuseppe	12.45-13.30 DRENA FIT Itzia		12.40-13.20 PILATES Shara						12.45-13.30 IDRO STEP Andrea/Luca		12.45-13.30 INDOOR Valentina				13.00-14.00 FUTURE MAMME Gisella				
13.15-14.00 INDOOR Shara		12.00-12.30 Nuvole d'Aleppo Hammam		13.00-14.00 ZUMBA Carlos					13.20-14.05 TBW Shara				13.15-14.00 GAG TO SLIM Valentina	13.30-13.45 Aufguss Sauna			13.30-14.00 FUNCTIONAL H.I.I.T Tiziano							
		14.00-14.30 Viso Suite Sale	13.00-14.00 LIV 1 Fabrizio											14.30-15.00 Viso Suite Sale	13.00-14.00 POWER YOGA Shara					13.00-14.00 LIV 1-2 Fabrizio				
	14.45-15.30 PILATES Shara	15.15-16.00 AQUAGAG Gisella		14.45-15.30 INDOOR Shara	15.30-16.00 FUNCTIONAL H.I.I.T Simone					15.15-16.00 ZEROGRAVITY WATER Gisella			14.45-15.30 TBW Barbara											
		16.00-16.15 Aufguss Sauna																						
18.30-19.00 KETTEL BELL TRAINING Giuseppe									18.45-19.15 POWER BODY Gianpaolo				18.45-19.15 UPPER BODY Gianpaolo											
	19.15-20.00 TBW Marco F.	19.00-19.30 Yogurt B. Mousse Hammam	18.30-19.30 LIV 2 Fabrizio	18.45-19.15 LIFE CIRCUIT Mattia		19.00-20.00 FUTURE MAMME Simona	18.30-19.30 LIV 1 Fabrizio	19.15-20.00 DJ INDOOR Gianpaolo				18.40-19.40 FELDENKRAIS Monica	19.15-20.00 GAG Gianpaolo	19.15-19.45 LIFE CIRCUIT Mattia		18.30-19.30 LIV 1-2-3 Fabrizio	19.15-20.00 INDOOR Marco F.							
	20.00-20.15 ADDOME Tiziano	19.30-20.15 AQUAFITNESS Nicolò B.	19.30-20.00 PRANAYAMA Fabrizio		19.30-20.15 PILATES Valentina	19.30-19.45 Aufguss Sauna	19.45-21.15 LIV 1-2-3 Fabrizio		20.00-20.15 ADDOME Gianpaolo			19.45-21.15 LIV 1-2 Luigi		20.00-21.00 BODY PUMP Andrea	19.30-20.00 MEDITAZIONE Fabrizio		20.00-20.30 POWER BODY Marco F.	20.15-20.30 Aufguss Sauna						
20.15-21.00 PILATES Tiziano	20.15-21.00 BODY PUMP Marco F.		20.15-21.45 WEIGHT LOSS YOGA LIV 1 Fabrizio		20.15-20.30 ADDOME Valentina				20.15-21.15 BODY PUMP Marco F.	20.15-21.00 AQUAPOWER Nicolò B.			20.15-21.00 INDOOR ROCK Gianpaolo											
		21.15-21.30 Aufguss Sauna			20.30-21.15 TBW Valentina	21.15-21.45 Viso Suite Sale		20.15-21.15 ZUMBA Anthony																



- Corso di tonificazione
- Corso posturale
- Corso a prenotazione
- Corso aerobico
- Rituali/corsi fuori abbonamento
- Accademia yoga