

E' possibile prenotare massaggi o rituali Viso, Corpo e Luxury Spa extra planning in base alle disponibilità in agenda. Chiedi in reception

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		10.00-10.45 ACQUA KIDS Luca	12.15-12.30 Aufguss	
10.30-11.15 INDOOR Roberta		10.30-11.15 IDRO STEP Gisella	10.00-11.00 LIV 1-2 Federica		10.20-11.05 TBW Roberta	10.30-11.00 SWIM FIT Luca	10.00-11.00 LIV 1 Fabrizio		10.30-11.30 ZUMBA Carlos	10.30-11.15 AQUAFITNESS Luca	10.00-11.00 LIV 1-2 Barbara	10.30-11.15 INDOOR Roberta				10.30-11.30 LIFE BALANCE Carlos	10.30-10.45 Aufguss Sauna	10.00-11.00 LIV 1-2 Fabrizio		11.15-11.40 ADDOME		11.15-12.00 AQUAFITNESS Luca	14.30-14.45 Aufguss Hammam	
	11.25-11.40 ADDOME Simone			11.15-12.00 PANCA STRETCH Andrea PT		11.30-12.00 Viso Suite Sale				11.30-11.45 Aufguss Sauna			11.25-11.40 ADDOME Tiziano	11.00-11.15 Aufguss Hammam				11.00-11.30 AQUA 2 DANCE Micky/Gisel				15.00-17.15 ACQUA KIDS Andrea	15.15-15.45 Viso	
						12.15-12.30 Aufguss Sauna			11.45-12.30 TBW Carlos	12.30-13.00 Yogurt B. Mousse Hammam				11.00-11.30 Breeze Shock Hammam		11.45-12.30 TBW Carlos	12.00-12.30 Viso Suite Sale					15.00-17.15 ACQUA KIDS Andrea	16.45-17.15 Yogurt B. Mousse Hammam	
	12.30-13.15 AEROTONE Shara	12.00-12.15 Aufguss Hammam			12.45-13.15 CARDIO & TONE Giuseppe	12.45-13.30 WATER YOGA Shara		12.40-13.20 PILATES Shara		13.00-13.30 POWER CIRCUIT Luca				12.45-13.30 IDRO STEP Valentina		12.45-13.30 INDOOR Valentina		13.00-14.00 FUTURE MAMME Gisella					17.45-18.00 Aufguss Sauna	
13.15-14.00 INDOOR Shara		12.00-12.30 Nuvoles d'Aleppo Hammam		13.00-14.00 ZUMBA Carlos		13.30-13.45 Aufguss Hammam			13.20-14.05 TBW Shara	13.45-14.00 Aufguss Hammam			13.15-14.00 GAG TO SLIM Barbara	13.30-13.45 Aufguss Sauna		13.30-14.00 THAI FIT EXPRESS Valentina							TERME BY NIGHT	
		14.00-14.30 Viso Suite Sale	13.00-14.00 LIV 1 Fabrizio			13.30-14.00 Breeze Shock Hammam				14.30-15.00 Viso Suite Sale				14.30-15.00 Viso Suite Sale	13.00-14.00 POWER YOGA Shara				13.00-14.00 LIV 1-2 Fabrizio	DOMENICA				
	14.45-15.30 PILATES Shara	15.15-16.00 AQUAGAG Gisella		14.45-15.30 INDOOR Shara		14.30-15.00 Luxury Spa				15.15-16.00 ZEROGRAVITY WATER Gisella			14.45-15.30 TBW Barbara					15.15-16.00 AQUAFITNESS Gisella			SALA ENERGY	SALA CONSCIOUS	PISCINA	TERME
		16.00-16.15 Aufguss Sauna			16.30-18.45 ACQUA KIDS Vittoria				18.45-19.15 POWER BODY Gianpaolo	16.30-18.45 ACQUA KIDS Andrea			18.45-19.15 UPPER BODY Gianpaolo		16.30-18.45 ACQUA KIDS Vittoria			16.30-18.45 ACQUA KIDS Nicolò			11.30-12.15 JOLLY CLASS		12.15-12.30 Aufguss	
18.30-19.00 KETTEL BELL TRAINING Giuseppe		16.30-18.45 ACQUA KIDS			18.15-19.00 ACQUA KIDS Melograno									18.45-19.15 UPPER BODY Gianpaolo	16.45-19.15 ACQUA KIDS Melograno							11.30-12.15 JOLLY CLASS	14.30-14.45 Aufguss Sauna	
	19.15-20.00 TBW Marco F.	19.00-19.30 Yogurt B. Mousse Hammam	18.30-19.30 LIV 2 Fabrizio	19.15-19.45 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	19.00-19.30 Luxury Spa	18.30-19.30 LIV 1-2-3 Fabrizio	19.15-20.00 INDOOR Marco F.							15.15-15.45 Nuvoles d'Aleppo Hammam	
	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	19.30-20.00 Viso Suite Sale	19.45-21.15 LIV 1-2 Luigi		20.00-21.00 BODY PUMP Andrea	19.45-20.15 Nuvoles d'Aleppo Hammam	19.30-20.00 MEDITAZIONE Fabrizio	20.00-20.15 ADDOME Marco F.	20.15-20.30 Aufguss Sauna		19.45-21.15 LIV 1-2-3 Luigi				16.45-17.00 Aufguss Hammam	
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	20.15-20.45 FUNCTIONAL WATER Marco S.			20.15-21.15 BODY PUMP Marco F.	20.15-21.00 AQUAPOWER Nicolò B.		20.15-21.00 INDOOR ROCK Gianpaolo		20.30-21.00 SWIMFIT Nicolò O.									17.30-18.00 Viso	
		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		21.30-21.45 Aufguss Sauna				21.30-21.45 Aufguss Sauna				21.15-21.45 Breeze Shock Hammam					TERME BY NIGHT	



- Corso di tonificazione
- Corso posturale
- Corso a prenotazione
- Corso aerobico
- Rituali/corsi fuori abbonamento
- Accademia yoga
- Terme by night, dalle 18.30 alle 21.30 fuori abb. su prenotazione

Massaggi alle Terme