

ORARI CORSI

LUNEDÌ

	7.00	8.00	9.00	9.30	10.00	11.00	13.00	13.15	13.30	15.00	16.00	17.00	17.30	18.00	18.15	18.30	19.00	19.15	19.30	20.00	20.15	
CONERO	The Trip 45'		Pilates 60'		Gym 60'	Stretching Posturale 60'	Body Pump Upper Body 20'		Strength Training 60'	The Trip 45'	Body Pump 30'		Body Pump 30'		Strong Pilates 60'				Strength Training 60'			
POOL				Aqua Athletic 45'				Aqua Athletic 45'				Acqua Therapy 45'				Aqua Endurance 45'				Aqua Athletic 45'		
SKILL					Shape Training 60'			WalkHiit 60'					Skill WoW 45'		WalkHiit 60'				Skill Boxing 60'			
SOUL		Stretching 30'						Pilates Matwork 60'												Respirazione 60'		Yoga 60'
REFORMER	Reformer 60'	Reformer 60'	Reformer 60'		Reformer 60'	Reformer 60'			Reformer 60'	Reformer 60'	Reformer 60'	Reformer 60'		Reformer 60'			Reformer 60'				Reformer 60'	

MARTEDÌ

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	12.45	13.15	15.00	16.00	17.00	18.00	18.15	19.00	19.15	20.00	
CONERO	The Trip 45'		Body Pump Lower Body 15'	Pilates Matwork 60'		Shape Training 60'		Stretching Posturale 60'		Cycling 60'	Body Pump 30'	The Trip 45'		Pilates Matwork 60'			Shape Training 60'		
POOL					Aqua Regeneration 45'		Acqua Therapy 45'			Aqua Endurance 45'					Aqua Shape 45'		Aqua Endurance 45'		
SKILL	Monkey Training 60'							Functional Training 45'							Skill TRX 45'			Presciistica 60'	
SOUL		Yoga 60'		Respirazione 60'						Yoga 60'			Back Relief Posturale 60'						
REFORMER		Reformer 60'		Reformer 60'		Reformer 60'		Reformer Entry Level 60'		Reformer 60'		Reformer 60'	Reformer 60'	Reformer 60'		Reformer 60'			

MERCOLEDÌ

	6.45	7.00	8.00	9.00	9.30	10.00	11.00	13.00	13.15	13.30	15.00	16.00	17.00	17.30	18.00	18.15	18.30	19.00	19.15	19.30	20.00	20.30	
CONERO	The Trip 45'			Pilates 60'		Gym 60'	Stretching Posturale 60'	Body Pump Lower Body 15'		Strength Training 60'	The Trip 45'	Body Pump 30'				Strong Pilates 60'				Strength Training 60'			The Trip 45'
POOL					Aqua Endurance 45'				Aqua Athletic 45'				Acqua Therapy 45'				Aqua Athletic 45'				Aqua Endurance 45'		
SKILL						Shape Training 60'			WalkHiit 60'					Skill WoW 45'		WalkHiit 60'				Skill Boxing 60'			
SOUL			Stretching 30'						Pilates Matwork 60'						Pilates Matwork 60'				Asana Flow 60'				
REFORMER		Reformer 60'	Reformer 60'	Reformer 60'		Reformer 60'	Reformer 60'				Reformer 60'	Reformer 60'	Reformer 60'		Reformer 60'			Reformer 60'				Reformer 60'	

TUTTI GLI ORARI DI ACCESSO SONO DISPONIBILI NELLA PIATTAFORMA DI PRENOTAZIONE SUL SITO

Attività Sportiva Ginnastica finalizzata alla Salute ed al Fitness, COD 110elenco discipline ammissibile CONI

ORARI CORSI

GIOVEDÌ

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	12.45	13.15	15.00	16.00	17.00	18.00	18.15	18.30	19.00	19.15
CONERO	The Trip 45'		Body Pump Upper Body 20'	Pilates Matwork 60'		Shape Training 60'		Stretching Posturale 60'		Cycling 60'	Body Pump 30'	The Trip 45'		Body Pump 45'				Strength Development 45'
POOL					Aqua Regeneration 45'		Acqua Therapy 45'			Aqua Athletic 45'					Aqua Endurance 45'			Aqua Shape 45'
SKILL	Monkey Training 60'								Functional Training 45'							Skill TRX 45'		
SOUL				Yoga 60'						Yoga 60'			Back Relief Posturale 60'				Pilates Matwork 60'	
REFORMER		Reformer 60'		Reformer 60'			Reformer 60'			Reformer 60'		Reformer Entry Level 60'	Reformer 60'	Reformer 60'			Reformer 60'	

VENERDÌ

	7.00	8.00	9.00	9.30	10.00	11.00	13.00	13.15	13.30	15.00	16.00	17.00	17.30	18.00	18.30	19.00	20.15
CONERO	The Trip 45'		Pilates 60'		Gym 60'	Stretching Posturale 60'	Body Pump Upper Body 20'		Strength Training 60'	The Trip 45'	Body Pump 30'		Body Pump Lower Body 15'	Strong Pilates 60'		Shape Training 60'	The Trip 45'
POOL				Aqua Shape 45'				Aqua Endurance 45'							Aqua Athletic 45'		
SKILL					Shape Training 60'			WalkHiit 60'						Skill WoW 45'			
SOUL		Stretching 30'						Pilates Matwork 60'						Pilates Matwork 60'			
REFORMER		Reformer Entry Level 60'	Reformer 60'		Reformer 60'	Reformer 60'					Reformer 60'	Reformer 60'		Reformer 60'		Reformer Entry Level 60''	

Classi extra abbonamento

Classi Virtuali

Le lezioni fitness di:
 - **Strength Training delle 13.30**
 - **Monkey Training**
 - **Functional Training**
 potranno essere svolte sia all'esterno che all'interno in base alle condizioni climatiche.

SABATO

	8.00	8.30	9.00	9.30	10.00	10.30	11.00	12.00	15.00	16.30	17.30
CONERO		Body Pump 30'		Cycling 60'		Cycling 60'		Body Pump 30'	Body Pump 30'	The Trip 45'	The Trip 45'
POOL				Aqua Endurance 45'			Aqua Athletic 45'				
SKILL			Presciistica 60'		Monkey Training 60'		Skill TRX 45'				
SOUL			Pilates Matwork 60'								
REFORMER	Reformer 60'		Reformer 60'		Reformer 60'		Reformer 60'	Reformer 60'			

DOMENICA

	8.30	10.00	11.00	12.00
CONERO	Body Pump 30'	The Trip 45'	The Trip 45'	Body Pump 30'

GYM GARDEN

Il Gym Garden è accessibile dal lunedì al venerdì dalle 8:00 alle 20:00, il sabato dalle 8:30 alle 13:00 e la domenica dalle 8:30 alle 12:30

GYM FLOOR

Il Gym Floor è accessibile dal lunedì al venerdì dalle 6:30 alle 22:00, il sabato dalle 8:00 alle 19:00 e la domenica dalle 8:00 alle 13:00

NUOTO LIBERO & PALESTRA H2O

Le slot di accesso al Nuoto Libero & Palestra H2O sono disponibili dal lunedì al venerdì dalle 6:30 alle 22:00, il sabato dalle 8:00 alle 19:00 e la domenica dalle 8:00 alle 13:00

