

LUNEDÌ	7.00	8.00	9.00	9.30	10.00	11.00	13.15	13.30	15.00	16.00	16.30	17.00	17.30	18.00	18.15	18.30	19.15	19.30	
CONERO	The Trip 45'	Stretching 30'	Pilates 60'		Gym 60'	Posturale 60'	Pilates Matwork 60'		The Trip 45'		Body Pump 30'			Pilates Matwork 60'			Strength Training 60'		
POOL				Aqua Athletic 45'			Aqua Athletic 45'									Aqua Endurance 45'		Aqua Athletic 45'	
SKILL					Shape Training 60'			Strength Training 60'					Skill WoW 45'		WalkHiit 60'		Skill Boxing 60'		
SOUL			Pilates Chair 60'												Pilates Chair 60'			Yoga 60'	
REFORMER			Shape Reformer 60'		Shape Reformer 60'	Strong Reformer 60'	Healthy Reformer 60'			Shape Reformer 60'		Strong Reformer 60'		Shape Reformer 60'					
MARTEDÌ	7.00	7.30	8.00	9.00	9.30	10.00	10.30	11.00	13.00	13.15	15.00	16.00	17.00	17.30	18.00	18.15	19.00	19.15	20.00
CONERO	The Trip 45'		Body Pump 30'	Pilates Matwork 60'		Shape Training 60'		Posturale 60'		Cycling 60'	Body Pump 30'	The Trip 45'			Pump 60'			Shape Training 60'	
POOL					Aqua Regeneration 45'		Aqua Therapy 45'			Aqua Endurance 45'					Aqua Shape 45'		Aqua Endurance 45'		
SKILL		Monkey Training 60'				Gym 60'			Functional Training 45'					Skill Light 45'		Skill TRX 45'			
SOUL			Yoga 60'			Plana 60'				Strong Pilates 60'				Back Relief 60'					
REFORMER				Shape Reformer 60'				Healthy Reformer 60'				Healthy Reformer 60'	Shape Reformer 60'				Strong Reformer 60'		Shape Reformer 60'
MERCOLEDÌ	6.45	8.00	9.00	9.30	10.00	11.00	13.15	13.30	15.00	16.00	17.00	17.30	18.00	18.15	18.30	19.00	19.15	19.30	
CONERO	The Trip 45'	Stretching 30'	Pilates 60'		Gym 60'	Posturale 60'	Pilates Matwork 60'		The Trip 45'	Body Pump 30'			Pilates Matwork 60'				Strength Training 60'		
POOL				Aqua Endurance 45'		Aqua Therapy 45'	Aqua Athletic 45'								Aqua Athletic 45'			Aqua Endurance 45'	
SKILL			Posturale 60'		Shape Training 60'			Strength Training 60'				Skill WoW 45'		WalkHiit 60'			Skill Boxing 60'		
SOUL							Pilates Chair 60'						Pilates Chair 60'						
REFORMER		Strong Reformer 60'	Shape Reformer 60'		Shape Reformer 60'	Shape Reformer 60'			Shape Reformer 60'		Shape Reformer 60'		Strong Reformer 60'			Shape Reformer 60'			

GIOVEDÌ		7.00	7.30	8.00	9.00	9.30	10.00	10.30	11.00	13.00	13.15	15.00	16.00	17.00	17.30	18.00	18.15	19.00	19.15
CONERO		The Trip 45'		Body Pump 30'	Pilates Matwork 60'		Shape Training 60'		Posturale 60'		Cycling 60'	Body Pump 30'	The Trip 45'			Strong Pilates 60'			Shape Training 60'
POOL					Aqua Regeneration 45'		Aqua Therapy 45'				Aqua Athletic 45'					Aqua Endurance 45'		Aqua Shape 45'	
SKILL			Monkey Training 60'						Functional Training 45'						Skill Light 45'		Skill TRX 45'		
SOUL							Plana 60'				Strong Pilates 60'			Back Relief 60'				Pilates Chair 60'	
REFORMER				Shape Reformer 60'		Strong Reformer 60'		Shape Reformer 60'		Shape Reformer 60'		Shape Reformer 60'	Shape Reformer 60'	Strong Reformer 60'		Shape Reformer 60'		Strong Reformer 60'	
VENERDÌ		7.00	8.00	9.00	9.30	10.00	11.00	13.15	13.30	15.00	16.00	16.30	17.00	18.00	18.30	19.00	19.15		
CONERO		The Trip 45'	Stretching 30'	Pilates 60'		Gym 60'	Posturale 60'	Pilates Matwork 60'		The Trip 45'		Body Pump 30'		Pilates Matwork 60'			Cycling 60'		
POOL					Aqua Shape 45'			Aqua Endurance 45'							Aqua Athletic 45'				
SKILL						Shape Training 60'			Strength Training 60'					Skill Wow 45'		Skill Strength 60'			
SOUL													Pilates Chair 60'		Yoga 60'				
REFORMER			Healthy Reformer 60'	Shape Reformer 60'		Shape Reformer 60'	Shape Reformer 60'			Shape Reformer 60'			Shape Reformer 60'			Healthy Reformer 60'			
SABATO		8.00	9.00	9.30	10.00	10.30	11.00	12.00	15.00	16.30	17.30	DOMENICA		8.30	10.00	11.00	12.00		
CONERO				Cycling 60'		Cycling 60'			Body Pump 30'	Body Pump 30'	The Trip 45'	The Trip 45'	CONERO	Body Pump 30'	The Trip 45'	The Trip 45'	Body Pump 30'		
POOL					Aqua Endurance 45'		Aqua Athletic 45'												
SKILL					Monkey Training 60'		Skill TRX 45'												
SOUL			Pilates Matwork 60'				Pilates Chair 60'												
REFORMER		Shape Reformer 60'	Strong Reformer 60'		Shape Reformer 60'			Healthy Reformer 60'											

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

FITNESS

Le classi fitness potranno essere svolte sia all'esterno che all'interno in base alle condizioni climatiche

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

TUTTI GLI ORARI DI ACCESSO SONO DISPONIBILI E PRENOTABILI NELLA APP TECHNOGYM

Attività Sportiva Ginnastica finalizzata alla Salute ed al Fitness, COD BI001 elenco discipline ammissibile CONI

T **Classi Virtuali**
Accesso libero senza prenotazione

Classi extra abbonamento

Classi extra abbonamento Prenotabili dal mese di ottobre