



CORSI  
2025 - 2026

| 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                    | 19.00                       | 19.15                       | 19.30                    |
|-----------|-----------------|---------------------------|--------------------------|---------------------------|-----------------------------|---------------------------|----------------------------|-----------------------------|-------------------------------|--------------------------|--------------------------|----------------------------|---------------------------|---------------------------|-------------------------|--------------------------|-----------------------------|-----------------------------|--------------------------|
| CONERO    | The Trip<br>45' | Stretching<br>30'         | Pilates<br>60'           |                           | Gym<br>60'                  | Posturale<br>60'          | Pilates<br>Matwork<br>60'  |                             | The Trip<br>45'               |                          | Body<br>Pump<br>30'      |                            |                           | Pilates<br>Matwork<br>60' |                         |                          |                             | Strength<br>Training<br>60' |                          |
| POOL      |                 |                           |                          | Aqua<br>Athletic<br>45'   |                             |                           | Aqua<br>Athletic<br>45'    |                             |                               |                          |                          |                            |                           |                           |                         | Aqua<br>Endurance<br>45' |                             |                             | Aqua<br>Athletic<br>45'  |
| SKILL     |                 |                           |                          |                           | Shape<br>Training<br>60'    |                           |                            | Strength<br>Training<br>60' |                               |                          |                          |                            | Skill<br>WoW<br>45'       |                           | WalkHiit<br>60'         |                          |                             | Skill<br>Boxing<br>60'      |                          |
| SOUL      |                 |                           | Pilates<br>Chair<br>60'  |                           |                             |                           |                            |                             |                               |                          |                          |                            |                           |                           | Pilates<br>Chair<br>60' |                          |                             |                             | Yoga<br>60'              |
| REFORMER  |                 |                           | Shape<br>Reformer<br>60' |                           | Shape<br>Reformer<br>60'    | Strong<br>Reformer<br>60' | Healthy<br>Reformer<br>60' |                             |                               | Shape<br>Reformer<br>60' |                          | Strong<br>Reformer<br>60'  |                           | Shape<br>Reformer<br>60'  |                         |                          | Strong<br>Reformer<br>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<br>45' |                           | Body<br>Pump<br>30'      | Pilates<br>Matwork<br>60' |                             | Shape<br>Training<br>60'  |                            | Posturale<br>60'            |                               | Cycling<br>60'           | Body<br>Pump<br>30'      | The Trip<br>45'            |                           |                           | Pump<br>60'             |                          |                             | Shape<br>Training<br>60'    |                          |
| POOL      |                 |                           |                          |                           | Aqua<br>Regeneration<br>45' |                           | Aqua<br>Therapy<br>45'     |                             |                               | Aqua<br>Endurance<br>45' |                          |                            |                           |                           | Aqua<br>Shape<br>45'    |                          | Aqua<br>Endurance<br>45'    |                             |                          |
| SKILL     |                 | Monkey<br>Training<br>60' |                          |                           |                             | Gym<br>60'                |                            |                             | Functional<br>Training<br>45' |                          |                          |                            |                           | Skill<br>Light<br>45'     |                         | Skill<br>TRX<br>45'      |                             |                             |                          |
| SOUL      |                 |                           | Yoga<br>60'              |                           |                             |                           | Plana<br>60'               |                             |                               | Strong<br>Pilates<br>60' |                          |                            |                           | Back<br>Relief<br>60'     |                         |                          |                             |                             |                          |
| REFORMER  |                 |                           |                          | Shape<br>Reformer<br>60'  |                             |                           |                            | Healthy<br>Reformer<br>60'  |                               |                          |                          | Healthy<br>Reformer<br>60' | Shape<br>Reformer<br>60'  |                           |                         |                          | Strong<br>Reformer<br>60'   |                             | Shape<br>Reformer<br>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<br>45' | Stretching<br>30'         | Pilates<br>60'           |                           | Gym<br>60'                  | Posturale<br>60'          | Pilates<br>Matwork<br>60'  |                             | The Trip<br>45'               | Body<br>Pump<br>30'      |                          |                            | Pilates<br>Matwork<br>60' |                           |                         |                          | Strength<br>Training<br>60' |                             |                          |
| POOL      |                 |                           |                          | Aqua<br>Endurance<br>45'  |                             | Aqua<br>Therapy<br>45'    | Aqua<br>Athletic<br>45'    |                             |                               |                          |                          |                            |                           |                           | Aqua<br>Athletic<br>45' |                          |                             | Aqua<br>Endurance<br>45'    |                          |
| SKILL     |                 |                           | Posturale<br>60'         |                           | Shape<br>Training<br>60'    |                           |                            | Strength<br>Training<br>60' |                               |                          |                          | Skill<br>WoW<br>45'        |                           | WalkHiit<br>60'           |                         |                          | Skill<br>Boxing<br>60'      |                             |                          |
| SOUL      |                 |                           |                          |                           |                             |                           | Pilates<br>Chair<br>60'    |                             |                               |                          |                          |                            | Pilates<br>Chair<br>60'   |                           |                         |                          |                             |                             |                          |
| REFORMER  |                 | Strong<br>Reformer<br>60' | Shape<br>Reformer<br>60' |                           | Shape<br>Reformer<br>60'    | Shape<br>Reformer<br>60'  |                            |                             | Shape<br>Reformer<br>60'      |                          | Shape<br>Reformer<br>60' |                            | Strong<br>Reformer<br>60' |                           |                         | Shape<br>Reformer<br>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**