



ORARI
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	Virtual Cycling 45'	Stretching 30'	Pilates 60'		Gym 60'	Posturale 60'	Pilates Matwork 60'		Virtual Cycling 45'		Virtual Pump 45'			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'			Strong 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	Virtual Cycling 45'		Virtual Pump 45'	Pilates Matwork 60'		Shape Training 60'		Posturale 60'		Cycling 60'	Virtual Pump 45'	Virtual Cycling 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 20.15

CONERO	Virtual Cycling 45'	Stretching 30'	Pilates 60'		Gym 60'	Posturale 60'	Pilates Matwork 60'		Virtual Cycling 45'	Virtual Pump 45'			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'	Skill HYROX 45'
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'		



ORARI
CORSI
2025 - 2026

	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	Virtual Cycling 45'		Virtual Pump 45'	Pilates Matwork 60'		Shape Training 60'		Posturale 60'		Cycling 60'	Virtual Pump 45'	Virtual Cycling 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	Virtual Cycling 45'	Stretching 30'	Pilates 60'		Gym 60'	Posturale 60'	Pilates Matwork 60'		Virtual Cycling 45'		Virtual Pump 45'		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 HYROX 45'		
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												DOMENICA					
	8.00	9.00	9.30	10.00	10.30	11.00	12.00	15.00	16.30	17.30	8.30	10.00	11.00	12.00				
CONERO			Cycling 60'		Cycling 60'		Virtual Pump 45'	Virtual Pump 45'	Virtual Cycling 45'	Virtual Cycling 45'		Virtual Pump 45'	Virtual Cycling 45'	Virtual Cycling 45'	Virtual Pump 45'			
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