ORARI CORSI 2026 - 2027

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'	Stretching Posturale 60'	Pilates Matwork 60'		Virtual Cycling 45'		Virtual Pump 45'			Pilates Matwork 60'			Body Tone 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 HYbrid 45'	
SOUL			Chair & Mat 60'																Yoga 60'
REFORMER			Shape Reformer 60'		Shape Reformer 60'	Strong Reformer 60'	Strong 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'		Stretching Posturale 60'		Cycling 60'	Virtual Pump 45'	Virtual Cycling 45'	Stretching Posturale 60'			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'		Back School 60'		Strong Pilates 60'			Back School 60'		Back School 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	Virtual Cycling 45'	Stretching 30'	Pilates 60'		Gym 60'	Stretching Posturale 60'	Pilates Matwork 60'		Virtual Cycling 45'	Virtual Pump 45'			Pilates Matwork 60'			Body Tone 60'		
POOL				Aqua Endurance 45'		Aqua Therapy 45'	Aqua Athletic 45'								Aqua Athletic 45'			Aqua Endurance 45'
SKILL			Stretching Posturale 60'		Shape Training 60'			Strength Training 60'				Skill WoW 45'		WalkHiit 60'			Skill HYbrid 45'	
SOUL													Chair & Mat 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 2026 - 2027

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
CONERO	Virtual Cycling 45'		Virtual Pump 45'	Pilates Matwork 60'		Shape Training 60'		Stretching Posturale 60'		Cycling 60'	Virtual Pump 45'	Virtual Cycling 45'	Stretching Posturale 60'		Strong Pilates 60'		Pump 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'		Back School 60'		Strong Pilates 60'			Back School 60'		Back School 60'		
REFORMER				Shape Reformer 60'		Strong 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
CONERO	Virtual Cycling 45'	Stretching 30'	Pilates 60'		Gym 60'	Stretching Posturale 60'	Pilates Matwork 60'		Virtual Cycling 45'		Virtual Pump 45'		Pilates Matwork 60'		Virtual Cycling 45'
POOL				Aqua Shape 45'			Aqua Endurance 45'							Aqua Athletic 45'	
SKILL					Shape Training 60'			Strength Training 60'					Skill Wow 45'		Skill HYbrid 45'
SOUL												Back School 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
CONERO			Cycling 60'		Cycling 60'		Virtual Pump 45'	Virtual Pump 45'	Virtual Cycling 45'	Virtual Cycling 45'
POOL				Aqua Endurance 45'		Aqua Athletic 45'				
SKILL		Shape Training 60'		Monkey Training 60'						
SOUL		Pilates Matwork 60'				Chair &Mat 60'				
REFORMER	Shape Reformer 60'	Strong Reformer 60'		Shape Reformer 60'			Healthy Reformer 60'			

DOMENICA

	8.30	10.00	11.00	12.00
CONERO	Virtual Pump 45'	Virtual Cycling 45'	Virtual Cycling 45'	Virtual Pump 45'

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 H20 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

T Classi Virtuali
Accesso libero senza prenotazione

Classi extra abbonamento

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