SPORT LIFE PRO
Your Action & Fun Zone

# ORARIO FITNESS 2024---2025

**ORARI CENTRO SPORTIVO**
LUNEDI-MERCOLEDI-GIOVEDI 07:00-22:00
MARTEDI-VENERDI 08:30-22:00
SABATO 08:00-20:00
DOMENICA 08:30-13:30

*LEGGENDA DELIBERA C.O.N.I DEL 14/02/2017*

| | | | |
|---|---|---|---|
| ATLETICA | CICLISMO | ATTIVITÀ GINNICO-MOTORIE ACQUATICHE APPLICATIVE ALLE DISCIPLINE DEL NUOTO | CANOTTAGGIO |
| ATTIVITÀ SPORTIVA GINNASTICA FINALIZZATA ALLA SALUTE E AL FITNESS | GINNASTICA PER TUTTI | GINNASTICA AEROBICA | |

| ORE | LUNEDI SALA | MARTEDI SALA | MERCOLEDI SALA | GIOVEDI SALA | VENERDI SALA | SABATO SALA | ORE |
|---|---|---|---|---|---|---|---|
| 7.30 | | | INDOOR CYCLING<br>CLAUDIO P | | *TEMPORARY CLASS* | *TEMPORARY CLASS* | 7.30 |
| 9:00 | FIT DINAMIC GYM<br>TAMARA 1<br>ACQUAGYM<br>SARA P | GINNASTICA FIT<br>RACHELE 1 | FIT DINAMIC GYM<br>FEDERICA 1<br>ACQUA DREN UP<br>MONICA | GINNASTICA FIT<br>RACHELE 1 | HIDROBIKE/ACQUA GYM<br>TAMARA<br>FIT DINAMIC GYM<br>SANDRA 1 | CICLEX<br>FLORA P<br>PILATES FIT<br>LARA P 2 | 9:00 |
| 9:15 | | | | | | GINNASTICA DOLCE<br>GIAMPIETRO 1 | 9:15 |
| 9:30 | | INDOOR CYCLING<br>FRANCESCO P | | INDOOR CYCLING<br>FRANCESCO P | | | 9:30 |
| 10:00 | BRUCIA GRASSI FIT<br>SARA 1<br>ACQUA GYM<br>ANTONIETTA | PILATES FIT<br>ALESSANDRA P 1 | HIDROBIKE + ACQUA GYM<br>FEDERICA P<br>BRUCIA GRASSI<br>ALESSANDRA 1 | PILATES FIT<br>ILARIA P 1 | PUMP FIT<br>ALESSANDRA 1<br>ACQUA GYM<br>ANTONIETTA<br>POSTURALE<br>LUCA P 3 | INDOOR CYCLING<br>FLORA P | 10:00 |
| 10:30 | | | | | | PILATES FIT<br>FEDERICA P 1 | 10:30 |
| 10:40 | | ACQUA GYM<br>FRANCESCO<br>*TEMPORARY CLASS*<br>PILATES FIT<br>FEDERICA P 3 | | ACQUA GYM<br>FRANCESCO<br>*TEMPORARY CLASS*<br>PILATES FIT<br>FEDERICA P 3 | | | 10:40 |
| 11:00 | POSTURALE<br>ALESSANDRA P 1<br>*TEMPORARY CLASS*<br>POSTURALE<br>ANTONIETTA P 3 | MIX BODY CIRCUIT<br>STEFANO 1 | POSTURALE<br>ALESSANDRA P 1<br>*TEMPORARY CLASS*<br>POSTURALE<br>LUCA P 3 | MIX BODY CIRCUIT<br>STEFANO 1 | YOGA FIT<br>ALESSANDRA 1<br>*TEMPORARY CLASS*<br>POSTURALE<br>ANTONIETTA P 3 | | 11:00 |
| 11:15 | | | | | | | 11:15 |
| 11:30 | | | | | | TABATA<br>FEDERICA 1 | 11:30 |
| 13:30 | FUNTIONAL TRAINING<br>ILARIA 1 | ACQUA GYM<br>FEDERICA<br>INDOOR CYCLING<br>FRANCESCO P | PILATES FIT<br>SARA 3<br>MIX BODY CIRCUIT<br>STEFANO 1 | HIDROBIKE - ACQUA GYM<br>FEDERICA P<br>INDOOR CYCLING<br>FRANCESCO P | MIX BODY CIRCUIT<br>STEFANO 1<br>ACQUA GYM<br>TAMARA | | 13:30 |
| 13:45 | | | | | | ACQUATABATA<br>FEDERICA | 13:45 |
| 14:30 | ACQUA DREN UP<br>MONICA | | ACQUA GYM<br>FEDERICA | | | | 14:30 |
| 15:00 | | | | | | INDOOR ROW CIRCUIT<br>MAX 1 | 15:00 |
| 16:00 | YOGA FIT<br>ALESSANDRA 1 | | | YOGA FIT<br>ALESSANDRA 1 | | | 16:00 |
| 16:30 | | | | | PILATES FIT<br>SARA 1 | | 16:30 |
| 17:00 | BRUCIA GRASSI FIT<br>ALESSANDRA 1 | GLUTEI PUMP<br>RACHELE 1<br>POSTURALE<br>ANGELO 3 | PILATES FIT<br>ILARIA 1 | GaG<br>ANTONIETTA 1<br>POSTURALE<br>ANGELO 3 | | | 17:00 |
| 17:30 | BOXE<br>ODOARDO 2 | | BOXE<br>ODOARDO 2<br>*TEMPORARY CLASS*<br>INDOOR ROWING<br>SALVATORE P | | BOXE<br>ODOARDO 2<br>BRUCIA GRASSI<br>SARA 1 | | 17:30 |
| 18:00 | PUMP FIT<br>ALESSANDRA 1<br>INDOOR ROWING<br>MAX P | TOTAL BODY<br>ANGELO 1<br>RUNNING<br>FEDERICA<br>ZUMBA<br>ANTONIETTA 3 | PUMP FIT<br>RACHELE 1 | TOTAL BODY<br>ANGELO 1<br>RUNNING<br>FEDERICA<br>ZUMBA<br>ANTONIETTA 3 | | | 18:00 |
| 18:15 | INDOOR CYCLING<br>UMBERTO P | | INDOOR CYCLING<br>UMBERTO P | | INDOOR CYCLING<br>FLORA P | ORARIO SPA<br>DAL LUNEDI AL VENERDI<br>09:00-21:00<br>SABATO<br>10:00-19:00 | 18:15 |
| 18:20 | | | INDOOR ROW CIRCUIT<br>MAX | | | | 18:20 |
| 18:30 | BOXE<br>ODOARDO 2 | INDOOR CYCLING<br>VINCENZO P | BOXE<br>ODOARDO 2 | INDOOR CYCLING<br>FLORA P | PUMP FIT<br>SARA 1<br>BOXE<br>ODOARDO 2<br>INDOOR ROWING<br>MAX P | | 18:30 |
| 18:50 | INDOOR ROWING<br>MAX P | | | | | ORARIO CENTRO ESTETICO<br>LUNEDI<br>CHIUSO<br>DAL MARTEDI AL VENERDI<br>09:00-20:00<br>SABATO<br>10:00-19:00<br>DOMENICA<br>CHIUSO | 18:50 |
| 19:00 | TOTAL BODY<br>ROSAMARIA 1 | BRUCIA GRASSI 30'<br>ANTONIETTA 1<br>POSTURALE<br>ANGELO 3 | TOTAL BODY<br>TAMARA 1 | BRUCIA GRASSI 30'<br>ANTONIETTA 1<br>POSTURALE<br>ANGELO 3 | | | 19:00 |
| 19:10 | | | INDOOR ROWING<br>MAX P | | | | 19:10 |
| 19:20 | | | | | *TEMPORARY CLASS*<br>INDOOR ROWING<br>SALVATORE P | | 19:20 |
| 19:30 | *CLASSE DA 45'*<br>ACQUA GYM<br>TAMARA<br>INDOOR CYCLING<br>UMBERTO P | ADDOME 30'<br>ANTONIETTA 1 | HIDROBIKE + ACQUA GYM<br>FEDERICA P<br>INDOOR CYCLING<br>UMBERTO P | ADDOME 30'<br>ANTONIETTA 1 | ACQUA GYM<br>SARA<br>INDOOR CYCLING<br>FLORA P<br>GaG<br>MAX 1 | | 19:30 |
| 19:40 | INDOOR ROW CIRCUIT<br>MAX | | | | | | 19:40 |
| 20:00 | PILATES FIT<br>ROSAMARIA 1 | FUNCTIONAL TRAINING<br>ROBERTO 1 | | FUNCTIONAL TRAINING<br>ROBERTO 1 | | | 20:00 |
| 20:10 | | ACQUA GYM<br>ANTONIETTA | | ACQUA GYM<br>TAMARA | | | 20:10 |
| 20:15 | *CLASSE DA 45'*<br>HIDROBYKE<br>TAMARA P | | | | | | 20:15 |
| 20:30 | | YOGA FIT<br>ALESSANDRA 3 | PILATES FIT<br>FEDERICA 1 | | | | 20:30 |