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

T = TEMPORARY CLASS

ORE	LUNEDI	SALA	MARTEDI	SALA	MERCOLEDI	SALA	GIOVEDI	SALA	VENERDI	SALA	SABATO	SALA	ORE
7:30					INDOOR CYCLING CLAUDIO	P							7:30
8:50									FIT DINAMIC GYM SANDRA	1			8:50
9:00	FIT DINAMIC GYM TAMARA	1	GINNASTICA FIT RACHELE	1	FIT DINAMIC GYM FEDERICA	1	GINNASTICA FIT RACHELE	1	HIDROBIKE/ACQUA GYM TAMARA	T P			9:00
	ACQUAGYM SARA				ACQUA DREN UP MONICA								
9:15											GINNASTICA DOLCE GIAMPIETRO	1	9:15
9:30			INDOOR CYCLING FRANCESCO	P			INDOOR CYCLING FRANCESCO	P					9:30
10:00	BRUCIA GRASSI FIT SARA	1	PILATES FIT ALESSANDRA	P 1	HIDROBIKE + ACQUA GYM FEDERICA	P	PILATES FIT ILARIA	P 1	PUMP FIT ALESSANDRA	1	INDOOR CYCLING FLORA	P	10:00
	ACQUA GYM ANTONIETTA				BRUCIA GRASSI ALESSANDRA	1			ACQUA GYM ANTONIETTA				
									POSTURALE LUCA	P 3			
10:30											PILATES FIT FEDERICA	P 1	10:30
10:40			ACQUA GYM FRANCESCO				ACQUA GYM FRANCESCO						10:40
			PILATES FIT FEDERICA	T P 3			PILATES FIT FEDERICA	T P 3					
11:00	POSTURALE ALESSANDRA	P 1	MIX BODY CIRCUIT STEFANO	SCHE	POSTURALE ALESSANDRA	P 1	MIX BODY CIRCUIT STEFANO	SCHE	YOGA FIT ALESSANDRA	3			11:00
	POSTURALE ANTONIETTA	T P 3	POSTURALE ALESSANDRA	T P 1	POSTURALE LUCA	T P 3	POSTURALE LUCA	T P 1	POSTURALE ANTONIETTA	T P 1			
11:15													11:15
11:30							HIDROBIKE FRANCESCO	T P			TABATA FEDERICA	1	11:30
13:30	FUNTIONAL TRAINING ILARIA	1	ACQUA GYM ACQUA ALTA FEDERICA		PILATES FIT SARA	3	HIDROBIKE - ACQUA GYM FEDERICA	P	MIX BODY CIRCUIT STEFANO	1			13:30
	PILATES FIT SARA	T 3	INDOOR CYCLING FRANCESCO	P	MIX BODY CIRCUIT STEFANO	1	INDOOR CYCLING FRANCESCO	P	ACQUA GYM TAMARA				
13:45											ACQUA TABATA FEDERICA		13:45
14:30	ACQUA DREN UP MONICA				ACQUA GYM FEDERICA								14:30
15:00											HERow MIX MAX	1	15:00
16:00	YOGA FIT ALESSANDRA	1					YOGA FIT ALESSANDRA	1					16:00
16:30									PILATES FIT SARA	1			16:30
17:00	BRUCIA GRASSI FIT ALESSANDRA	1	GLUTEI PUMP RACHELE	1	GAG MAX	T 3	CARDIO TONE ANTONIETTA	1					17:00
			POSTURALE ANGELO	3	PILATES FIT ILARIA	1	POSTURALE ANGELO	3					
17:30	BOXE ODOARDO	2			BOXE ODOARDO	2			BOXE ODOARDO	2			17:30
					INDOOR ROWING SALVATORE	T P			BRUCIA GRASSI SARA	1			
18:00	PUMP FIT ALESSANDRA	1	TOTAL BODY ANGELO	1			TOTAL BODY ANGELO	1					18:00
	INDOOR ROWING MAX	P	RUNNING FEDERICA		PUMP FIT RACHELE	1	RUNNING FEDERICA						
			ZUMBA ANTONIETTA	3			ZUMBA ANTONIETTA	3					
18:15	INDOOR CYCLING UMBERTO	P			INDOOR CYCLING UMBERTO	P			INDOOR CYCLING FLORA	P			18:15
18:20					HERow MIX MAX						ORARIO SPA DAL LUNEDI AL VENERDI 09:00-21:00 SABATO 10:00-19:00		18:20
18:30									PUMP FIT SARA	1			18:30
	BOXE ODOARDO	2	INDOOR CYCLING VINCENZO	P	BOXE ODOARDO	2	INDOOR CYCLING FLORA	T P	BOXE ODOARDO	2			
									DOUBLE ROW MAX	P			
18:50	INDOOR ROWING MAX	P									ORARIO CENTRO ESTETICO LUNEDI 13:00-20:00 DAL MARTEDI AL VENERDI 09:00-20:00 SABATO 10:00-19:00 DOMENICA CHIUSO		18:50
19:00	FUNTIONAL TRAINING ILARIA	1	BRUCIA GRASSI 30' ANTONIETTA	1	TOTAL BODY TAMARA	1	BRUCIA GRASSI 30' ANTONIETTA	1					19:00
			POSTURALE ANGELO	3			POSTURALE ANGELO	3					
19:10					INDOOR ROWING MAX	P							19:10
19:20									INDOOR ROWING SALVATORE	T P			19:20
19:30	CLASSE DA 45' ACQUA GYM TAMARA		ADDOME 30' ANTONIETTA	1	HIDROBIKE + ACQUA GYM FEDERICA	P	ADDOME 30' ANTONIETTA	1	ACQUA GYM SARA				19:30
	INDOOR CYCLING UMBERTO	P			INDOOR CYCLING UMBERTO	P			GAG MAX	1			
19:40	HERow MIX MAX												19:40
20:00	PILATES FIT ILARIA	1	FUNCTIONAL TRAINING ROBERTO	1			FUNCTIONAL TRAINING ROBERTO	1					20:00
20:10			ACQUA GYM ANTONIETTA				ACQUA GYM TAMARA						20:10
20:15	CLASSE DA 45' HIDROBYKE TAMARA	P											20:15
20:30			YOGA FIT ALESSANDRA	3	PILATES FIT FEDERICA	1							20:30