



ORARI CENTRO SPORTIVO

LUNEDI-MERCOLEDI-GIOVEDI 07:00-22:00

MARTEDI-VENERDI 08:30-22:00

SABATO 08:00-20:00

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

ORE	LUNEDI	SALA	MARTEDI	SALA	MERCOLEDI	SALA	GIOVEDI	SALA	VENERDI	SALA	SABATO	SALA	ORE
7:30					INDOOR CYCLING CLAUDIO	P							7:30
9:00	TOTAL BODY FIT ANTONIETTA	1	GINNASTICA DOLCE RACHELE	1	TOTAL BODY FIT FEDERICA	1	GINNASTICA DOLCE RACHELE	1	FIT DINAMIC GYM SANDRA	1			9:00
	ACQUAGYM SARA				ACQUA DREN UP MONICA				ACQUA GYM + HIDROBIKE T	P			
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	BRUCIA GRASSI FIT ALESSANDRA	1	PILATES FIT ILARIA	P 1	PUMP FIT ALESSANDRA	1	INDOOR CYCLING STEFANO	P	10:00
	ACQUA GYM ANTONIETTA				ACQUA GYM + HIDROBIKE FEDERICA	P			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	P 1	POSTURALE LUCA	T P 3	POSTURALE LUCA	P 1	POSTURALE ANTONIETTA	P 1			
11:30							HIDROBIKE FRANCESCO	T P			TABATA FEDERICA	1	11:30
13:30	PILATES FIT SARA	3	ACQUALTA FEDERICA		PILATES FIT SARA	3	HIDROBIKE - ACQUA GYM FEDERICA	P	ACQUA GYM MONICA				13:30
	FUNTIONAL TRAINING ILARIA		INDOOR CYCLING FRANCESCO	P	MIX BODY CIRCUIT STEFANO		INDOOR CYCLING FRANCESCO	P	MIX BODY CIRCUIT STEFANO				
13:45											ACQUA TABATA FEDERICA		13:45
14:30	ACQUA DREN UP MONICA				ACQUAGYM 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 TABATA RACHELE	1	GaG FIT MAX	3	CARDIO TONE FIT ANTONIETTA	1					17:00
	PILATES FIT SARA	3	POSTURALE LUCA	3	PILATES FIT ILARIA	1	POSTURALE LUCA	3					
17:30	BOXE ODOARDO	2			BOXE ODOARDO	2			BOXE ODOARDO	2			17:30
					INDOOR ROWING SALVATORE	P			BRUCIA GRASSI FIT SARA	1			
18:00	PUMP FIT ALESSANDRA	1	TOTAL BODY FIT LUCA	1			TOTAL BODY FIT LUCA	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 MARTINA	P			18:15
18:20					HeRow MIX MAX	SCHE P							18:20
18:30	BOXE ODOARDO	2	INDOOR CYCLING VINCENZO	P			BOXE ODOARDO	2	PUMP FIT SARA	1			18:30
									BOXE ODOARDO	2			
18:50	INDOOR ROWING MAX	P							DOUBLE ROW MAX	P			18:50
19:00			BRUCIA GRASSI 30' FIT ANTONIETTA	1			INDOOR CYCLING CLAUDIO	P					19:00
	FUNTIONAL TRAINING ILARIA	1	POSTURALE LUCA	3	TOTAL BODY RACHELE	1	BRUCIA GRASSI 30' FIT ANTONIETTA	1					
							POSTURALE LUCA	3					
19:10					INDOOR ROWING MAX	P							19:10
19:20									INDOOR ROWING SALVATORE	T P			19:20
19:30	INDOOR CYCLING UMBERTO	P	ADDOME 30' FIT ANTONIETTA	1	INDOOR CYCLING UMBERTO	P	ADDOME 30' FIT ANTONIETTA	1	ACQUA GYM SARA				19:30
	CLASSE DA 45' ACQUA GYM				HIDROBIKE + ACQUA GYM FEDERICA	P	CLASSE DA 45' HIDROBYKE		GaG FIT MAX	1			
	TAMARA						TAMARA	P					
20:00	HeRow MIX MAX	1											19:40
	PILATES FIT ILARIA	3	FUNCTIONAL TRAINING ROBERTO	1			FUNCTIONAL TRAINING ROBERTO	1					20:00
20:10			ACQUA GYM ANTONIETTA										20:10
20:15	CLASSE DA 45' HIDROBYKE						CLASSE DA 45' ACQUA GYM						20:15
	TAMARA	P					TAMARA						
20:30			YOGA FIT ALESSANDRA	3	PILATES FIT FEDERICA	1							20:30