



ORARIO FITNESS

2025---2026

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

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