



**SPORT LIFE PRO**  
Your Action & Fun Zone

# ORARIO FITNESS

## 12-18 ottobre 2026

**ORARI CENTRO SPORTIVO**  
**LUNEDI-MARTEDI'-MERCOLEDI'-GIOVEDI'**  
07:00-22:00  
**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<br>CLAUDIO P                                                                               |      |                                                                                             |      |                                                                        |      |                                  |      | 7:30  |
| 9:00  | TOTAL BODY FIT<br>ANTONIETTA 1<br>ACQUA GYM<br>SARA                 |      | GINNASTICA DOLCE<br>RACHELE 1                                                                  |      | TOTAL BODY FIT<br>FEDERICA 1<br>ACQUA DREN UP<br>MONICA S                                                 |      | GINNASTICA DOLCE<br>RACHELE 1                                                               |      | FIT DINAMIC GYM<br>SANDRA 1<br>ACQUA GYM + HIROBIKE<br>SARA T P        |      |                                  |      | 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                                                                  |      | BRUCIA GRASSI FIT<br>ALESSANDRA 1<br>ACQUA GYM + HIROBIKE<br>FEDERICA P<br>INDOOR ROWING<br>SALVATORE P 5 |      | PILATES FIT<br>ILARIA P 1                                                                   |      | PUMP FIT<br>ALESSANDRA 1<br>ACQUA GYM<br>SARA<br>POSTURALE<br>LUCA P 3 |      | INDOOR CYCLING<br>STEFANO P      |      | 10:00 |
| 10:30 |                                                                     |      |                                                                                                |      |                                                                                                           |      |                                                                                             |      |                                                                        |      | PILATES FIT<br>FEDERICA P 1      |      | 10:30 |
| 10:40 |                                                                     |      | ACQUA GYM<br>FRANCESCO<br>PILATES FIT<br>FEDERICA 3                                            |      |                                                                                                           |      | ACQUA GYM<br>FRANCESCO<br>PILATES FIT<br>FEDERICA 3                                         |      |                                                                        |      |                                  |      | 10:40 |
| 11:00 | POSTURALE<br>ALESSANDRA P 1<br>POSTURALE<br>ANTONIETTA T P 3        |      | MIX BODY CIRCUIT<br>STEFANO 5<br>POSTURALE<br>ALESSANDRA P 1                                   |      | POSTURALE<br>ALESSANDRA P 1<br>POSTURALE<br>LUCA T P 3                                                    |      | MIX BODY CIRCUIT<br>STEFANO 5<br>POSTURALE<br>LUCA P 1                                      |      | YOGA FIT<br>ALESSANDRA 3<br>POSTURALE<br>SARA P 1                      |      |                                  |      | 11:00 |
| 11:30 |                                                                     |      |                                                                                                |      |                                                                                                           |      | HIROBIKE<br>FRANCESCO T P                                                                   |      |                                                                        |      | TABATA<br>FEDERICA 1             |      | 11:30 |
| 13:30 | PILATES FIT<br>SARA 1                                               |      | ACQUA GYM + HIROBIKE<br>FEDERICA P<br>INDOOR CYCLING<br>FRANCESCO P                            |      | PILATES FIT<br>SARA 1<br>MIX BODY CIRCUIT<br>STEFANO 5                                                    |      | ACQUA ALTA<br>MONICA S<br>INDOOR CYCLING<br>FRANCESCO P                                     |      | ACQUA DREN UP<br>MONICA S<br>MIX BODY CIRCUIT<br>STEFANO 1             |      |                                  |      | 13:30 |
| 13:45 |                                                                     |      |                                                                                                |      |                                                                                                           |      |                                                                                             |      |                                                                        |      | ACQUA TABATA<br>FEDERICA         |      | 13:45 |
| 14:30 | ACQUAGYM<br>FEDERICA                                                |      |                                                                                                |      | ACQUAGYM<br>FEDERICA                                                                                      |      |                                                                                             |      |                                                                        |      |                                  |      | 14:30 |
| 15:00 |                                                                     |      |                                                                                                |      |                                                                                                           |      |                                                                                             |      |                                                                        |      | HeRow MIX<br>MAX P 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<br>PILATES FIT<br>SARA 3          |      | GLUTEI TABATA<br>RACHELE 1<br>POSTURALE<br>LUCA P 3                                            |      | GaG FIT<br>MAX 1<br>PILATES FIT<br>RACHELE 3                                                              |      | PUMP<br>ANTONIETTA 1<br>POSTURALE<br>LUCA P 3                                               |      |                                                                        |      |                                  |      | 17:00 |
| 17:30 | BOXE<br>ODOARDO 2                                                   |      |                                                                                                |      | BOXE<br>ODOARDO 2                                                                                         |      |                                                                                             |      | BOXE<br>ODOARDO 2<br>BRUCIA GRASSI FIT<br>SARA 1                       |      |                                  |      | 17:30 |
| 18:00 | PUMP FIT<br>ALESSANDRA 1<br>INDOOR ROWING<br>MAX P 5                |      | TOTAL BODY FIT<br>LUCA 1<br>RUNNING<br>FEDERICA<br>ZUMBA<br>ANTONIETTA 3                       |      | FUNTIONAL PUMP FIT<br>RACHELE 1                                                                           |      | TOTAL BODY FIT<br>LUCA 1<br>RUNNING<br>FEDERICA<br>ZUMBA<br>ANTONIETTA 3                    |      |                                                                        |      |                                  |      | 18:00 |
| 18:15 | INDOOR CYCLING<br>UMBERTO P                                         |      |                                                                                                |      | INDOOR CYCLING<br>UMBERTO P<br>HeRow MIX<br>MAX P 5                                                       |      |                                                                                             |      |                                                                        |      |                                  |      | 18:15 |
| 18:30 | BOXE<br>ODOARDO 2                                                   |      | INDOOR CYCLING<br>VINCENTO P                                                                   |      | BOXE<br>ODOARDO 2                                                                                         |      |                                                                                             |      | BARBELL PUMP<br>MONICA 1<br>BOXE<br>ODOARDO 2<br>DOUBLE ROW<br>MAX P 5 |      |                                  |      | 18:30 |
| 18:50 | INDOOR ROWING<br>MAX P 5                                            |      |                                                                                                |      |                                                                                                           |      | INDOOR ROWING<br>SALVATORE P 5                                                              |      |                                                                        |      |                                  |      | 18:50 |
| 19:00 | FUNTIONAL TRAINING<br>ILARIA 1                                      |      | BRUCIA GRASSI 30' FIT<br>ANTONIETTA 1<br>POSTURALE<br>LUCA 3<br>INDOOR ROWING<br>SALVATORE P 5 |      | TABATA<br>ILARIA 1<br>GINNASTICA DOLCE<br>RACHELE 3                                                       |      | INDOOR CYCLING<br>CLAUDIO P<br>BRUCIA GRASSI 30' FIT<br>ANTONIETTA 1<br>POSTURALE<br>LUCA 3 |      |                                                                        |      |                                  |      | 19:00 |
| 19:10 |                                                                     |      |                                                                                                |      | INDOOR ROWING<br>MAX P 5                                                                                  |      |                                                                                             |      |                                                                        |      |                                  |      | 19:10 |
| 19:30 | INDOOR CYCLING<br>UMBERTO P<br>CLASSE DA 45'<br>ACQUA GYM<br>MONICA |      | ADDOME 30' FIT<br>ANTONIETTA 1                                                                 |      | INDOOR CYCLING<br>UMBERTO P<br>CLASSE DA 45'<br>ACQUA GYM<br>MONICA                                       |      | ADDOME 30' FIT<br>ANTONIETTA 1<br>ACQUA GYM + HIROBIKE<br>FEDERICA P                        |      | GaG FIT<br>MAX 1<br>ACQUA GYM<br>MONICA                                |      |                                  |      | 19:30 |
| 20:00 | CIRCUIT<br>MAX P 1<br>PILATES FIT<br>ILARIA 3                       |      | FUNCTIONAL TRAINING<br>ROBERTO 1                                                               |      | PILATES FIT<br>ILARIA 1                                                                                   |      | FUNCTIONAL TRAINING<br>ROBERTO 1                                                            |      |                                                                        |      |                                  |      | 19:40 |
| 20:10 |                                                                     |      | ACQUA GYM<br>ANTONIETTA                                                                        |      |                                                                                                           |      |                                                                                             |      |                                                                        |      |                                  |      | 20:10 |
| 20:15 | CLASSE DA 45'<br>HIROBIKE<br>MONICA P                               |      | YOGA FIT<br>ALESSANDRA 3                                                                       |      | CLASSE DA 45'<br>HIROBIKE<br>MONICA P                                                                     |      |                                                                                             |      |                                                                        |      |                                  |      | 20:15 |
| 20:30 |                                                                     |      |                                                                                                |      |                                                                                                           |      | PILATES FIT<br>FEDERICA 3                                                                   |      |                                                                        |      |                                  |      | 20:30 |

