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 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	*TEMPORARY CLASS* HIDROBIKE/ACQUA GYM TAMARA	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			PILATES FIT LARA	P 2	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
			TEMPORARY CLASS PILATES FIT FEDERICA	P 3			*TEMPORARY CLASS* PILATES FIT FEDERICA	P 3					
11:00	POSTURALE ALESSANDRA	P 1	MIX BODY CIRCUIT STEFANO	1	POSTURALE ALESSANDRA	P 1	MIX BODY CIRCUIT STEFANO	1	YOGA FIT ALESSANDRA	1			11:00
	TEMPORARY CLASS POSTURALE ANTONIETTA	P 3			*TEMPORARY CLASS* POSTURALE LUCA	P 3			*TEMPORARY CLASS* POSTURALE ANTONIETTA	P 3			
11:15													11:15
11:30							*TEMPORARY CLASS* HIDROBIKE FRANCESCO	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
			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											INDOOR ROW CIRCUIT MAX	1	15:00
16:00	YOGA FIT ALESSANDRA	1					YOGA FIT ALESSANDRA	1					16:00
16:30					*TEMPORARY CLASS*				PILATES FIT SARA	1			16:30
17:00	BRUCIA GRASSI FIT ALESSANDRA	1	GLUTEI PUMP RACHELE	1	GaG MAX	3	GaG 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
					TEMPORARY CLASS INDOOR ROWING SALVATORE	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	ORARIO SPA DAL LUNEDI AL VENERDI 09:00-21:00 SABATO 10:00-19:00		18:15
18:20					HE ROW MIX MAX								18:20
18:30	BOXE ODOARDO	2	INDOOR CYCLING VINCENZO	P	BOXE ODOARDO	2	INDOOR CYCLING FLORA	P	PUMP FIT SARA	1			18:30
									BOXE ODOARDO	2			
									INDOOR ROWING 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	TOTAL BODY ROSAMARIA	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									*TEMPORARY CLASS* INDOOR ROWING SALVATORE	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			INDOOR CYCLING FLORA	P			
									GaG MAX	1			
19:40	HE ROW MIX MAX												19:40
20:00	PILATES FIT ROSAMARIA	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