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 ACQUAGYM SARA	GINNASTICA FIT RACHELE 1	FIT DINAMIC GYM FEDERICA 1 ACQUA DREN UP MONICA	GINNASTICA FIT RACHELE 1	HIDROBIKE/ACQUA GYM 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	HIDROBIKE + ACQUA GYM FEDERICA P BRUCIA GRASSI ALESSANDRA 1	PILATES FIT ILARIA P 1	PUMP FIT ALESSANDRA 1 ACQUA GYM ANTONIETTA POSTURALE LUCA P 3	INDOOR CYCLING FLORA P	10:00
10:30						PILATES FIT FEDERICA P 1	10:30
10:40		ACQUA GYM FRANCESCO PILATES FIT FEDERICA T P 3		ACQUA GYM FRANCESCO PILATES FIT FEDERICA T P 3			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
11:15							11:15
11:30				HIDROBIKE FRANCESCO T P		TABATA FEDERICA 1	11:30
13:30	FUNTIONAL TRAINING ILARIA 1	ACQUA GYM ACQUA ALTA FEDERICA INDOOR CYCLING FRANCESCO P	PILATES FIT SARA 3 MIX BODY CIRCUIT STEFANO 1	HIDROBIKE - ACQUA GYM FEDERICA P INDOOR CYCLING FRANCESCO P	MIX BODY CIRCUIT STEFANO 1 ACQUA GYM TAMARA		13:30
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 POSTURALE ANGELO 3	GAG MAX T 3 PILATES FIT ILARIA 1	CARDIO TONE ANTONIETTA 1 POSTURALE ANGELO 3			17:00
17:30	BOXE ODOARDO 2		BOXE ODOARDO 2 INDOOR ROWING SALVATORE T P		BOXE ODOARDO 2 BRUCIA GRASSI SARA 1		17:30
18:00	PUMP FIT ALESSANDRA 1 INDOOR ROWING MAX P	TOTAL BODY ANGELO 1 RUNNING FEDERICA ZUMBA ANTONIETTA 3	PUMP FIT RACHELE 1	TOTAL BODY ANGELO 1 RUNNING FEDERICA ZUMBA ANTONIETTA 3			18:00
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			HEROW MIX MAX				18:20
18:30	BOXE ODOARDO 2	INDOOR CYCLING VINCENZO P	BOXE ODOARDO 2	INDOOR CYCLING FLORA T P	PUMP FIT SARA 1 BOXE ODOARDO 2 DOUBLE ROW MAX P		18:30
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 POSTURALE ANGELO 3	TOTAL BODY TAMARA 1	BRUCIA GRASSI 30' ANTONIETTA 1 POSTURALE ANGELO 3			19:00
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 INDOOR CYCLING UMBERTO P	ADDOME 30' ANTONIETTA 1	HIDROBIKE + ACQUA GYM FEDERICA P INDOOR CYCLING UMBERTO P	ADDOME 30' ANTONIETTA 1	ACQUA GYM SARA INDOOR CYCLING FLORA P GAG 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		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