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 ACQUAGYM SARA	1	GINNASTICA FIT RACHELE	1	FIT DINAMIC GYM FEDERICA ACQUA DREN UP MONICA	1	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 ACQUA GYM ANTONIETTA	1	PILATES FIT ALESSANDRA	P 1	HIDROBIKE + ACQUA GYM FEDERICA BRUCIA GRASSI ALESSANDRA	P 1	PILATES FIT ILARIA	P 1	PUMP FIT ALESSANDRA ACQUA GYM ANTONIETTA POSTURALE LUCA	1 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 POSTURALE ANTONIETTA	P 1 T P 3	MIX BODY CIRCUIT STEFANO POSTURALE ALESSANDRA	SCHE T P 1	POSTURALE ALESSANDRA POSTURALE LUCA	P 1 T P 3	MIX BODY CIRCUIT STEFANO POSTURALE LUCA	SCHE T P 1	YOGA FIT ALESSANDRA POSTURALE ANTONIETTA	3 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 MIX BODY CIRCUIT STEFANO	3 1	HIDROBIKE - ACQUA GYM FEDERICA INDOOR CYCLING FRANCESCO	P P	MIX BODY CIRCUIT STEFANO ACQUA GYM TAMARA	1			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 POSTURALE ANGELO	1 3	GAG MAX PILATES FIT ILARIA	T 3 1	CARDIO TONE ANTONIETTA POSTURALE ANGELO	1 3					17:00
17:30	BOXE ODOARDO	2			BOXE ODOARDO INDOOR ROWING SALVATORE	2 T P			BOXE ODOARDO BRUCIA GRASSI SARA	2 1			17:30
18:00	PUMP FIT ALESSANDRA INDOOR ROWING MAX	1 P	TOTAL BODY ANGELO RUNNING FEDERICA ZUMBA ANTONIETTA	1 3	PUMP FIT RACHELE	1	TOTAL BODY ANGELO RUNNING FEDERICA ZUMBA ANTONIETTA	1 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 BOXE ODOARDO DOUBLE ROW MAX	1 2 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 POSTURALE ANGELO	1 3	TOTAL BODY TAMARA	1	BRUCIA GRASSI 30' ANTONIETTA POSTURALE ANGELO	1 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 INDOOR CYCLING UMBERTO	P P	ADDOME 30' ANTONIETTA	1	ACQUA GYM SARA 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