

ORARIO ATTIVITA'

2021

IN VIGORE DAL 24 MAGGIO

PISCINA DAL 1° LUGLIO 2021

LEGENDA



COLORE VERDE

ATTIVITA' DI TERRA



COLORE AZZURRO

ATTIVITA' ACQUATICHE



COLORE ARANCIONE

ATTIVITA' A PRENOTAZIONE CON CARD

A.S.G.F.S.F. : ATTIVITÀ SPORTIVA GINNASTICA FINALIZZATA ALLA SALUTE ED AL FITNESS

A.G.M.A.A.D.N. : ATTIVITÀ GINNICO-MOTORIE ACQUATICHE APPLICATIVE ALLE DISCIPLINE DEL NUOTO

SALA VENERE

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
TOTAL BODY	FIT BALL (PTG)	POWER GAG (PTG)	GINNASTICA DOLCE	CARDIO TONE	
09.00-09.45 <small>A.S.G.F.S.F.</small>	09.15-10.00 <small>A.S.G.F.S.F.</small>	09.00-09.45 <small>A.S.G.F.S.F.</small>	09.15-10.00 <small>A.S.G.F.S.F.</small>	09.15-10.00 <small>A.S.G.F.S.F.</small>	
YOGA STRETCH (PTG)	TOTAL BODY	GINNASTICA DOLCE	BODY SCULPT (PTG)	PILATES (PTG)	SURPRISE (PTG)
10.00-10.45 <small>A.S.G.F.S.F.</small>	10.15-11.00 <small>A.S.G.F.S.F.</small>	10.00-10.45 <small>A.S.G.F.S.F.</small>	10.15-11.00 <small>A.S.G.F.S.F.</small>	10.15-11.00 <small>A.S.G.F.S.F.</small>	10.00-10.45 <small>A.S.G.F.S.F.</small>
					SURPRISE (PTG)
					11.00-11.45 <small>A.S.G.F.S.F.</small>
PILATES	BODY SCULPT (PTG)	YOGA STRETCH (PTG)	PUMP	JUST DANCE	
13.00-13.45 <small>A.S.G.F.S.F.</small>	13.00-13.45 <small>A.S.G.F.S.F.</small>	13.00-13.45 <small>A.S.G.F.S.F.</small>	13.15-14.00 <small>A.S.G.F.S.F.</small>	13.00-13.45 <small>A.S.G.F.S.F.</small>	
STRETCHING	POSTURAL LAB (PTG)	TOTAL BODY	POSTURAL LAB (PTG)	GAG	
17.00-17.45 <small>A.S.G.F.S.F.</small>	17.00-17.45 <small>A.S.G.F.S.F.</small>	17.00-17.45 <small>A.S.G.F.S.F.</small>	17.00-17.45 <small>A.S.G.F.S.F.</small>	17.00-17.45 <small>A.S.G.F.S.F.</small>	
TOTAL BODY	HIIT STRENGHT (PTG)	PILATES	CARDIO TONE	BODY SCULPT (PTG)	
18.15-19.00 <small>A.S.G.F.S.F.</small>	18.00-18.45 <small>A.S.G.F.S.F.</small>	18.00-18.45 <small>A.S.G.F.S.F.</small>	18.15-19.00 <small>A.S.G.F.S.F.</small>	18.15-19.00 <small>A.S.G.F.S.F.</small>	
EXTREME (PTG)	TOTAL BODY	BODY SCULPT (PTG)	ZUMBA (PTG)	CARDIO TONE	
19.30-20.15 <small>A.S.G.F.S.F.</small>	19.00-19.45 <small>A.S.G.F.S.F.</small>	19.15-20.00 <small>A.S.G.F.S.F.</small>	19.15-20.00 <small>A.S.G.F.S.F.</small>	19.15-20.00 <small>A.S.G.F.S.F.</small>	

*PTG (PERSONAL TRAINING GROUP) CORSO A PRENOTAZIONE CON PTG CARD MAX. 9 PERSONE

SALA SPINNING

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

SPINNING

18.30-19.25

I.C.

SPINNING

18.30-19.25

I.C.

PISCINA

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
ACQUAEROBIC (PTG)	ACQUAGYM	ACQUATONE	ACQUAGYM	ACQUAEROBIC (PTG)	
09.15-10.00 <small>A.G.M.A.A.D.N.</small>	09.00-09.45 <small>A.G.M.A.A.D.N.</small>	09.15-10.00 <small>A.G.M.A.A.D.N.</small>	09.00-09.45 <small>A.G.M.A.A.D.N.</small>	09.00-9.45 <small>A.G.M.A.A.D.N.</small>	
ACQUAGYM	ACQUAEROBIC (ptg)	ACQUAEROBIC (PTG)	ACQUAEROBIC (PTG)	ACQUAGYM	SURPRISE (PTG)
10.15-11.00 <small>A.G.M.A.A.D.N.</small>	10.00-11.00 <small>A.G.M.A.A.D.N.</small>	10.15-11.00 <small>A.G.M.A.A.D.N.</small>	10.15-11.00 <small>A.G.M.A.A.D.N.</small>	10.00-10.45 <small>A.G.M.A.A.D.N.</small>	10.00-10.45 <small>A.G.M.A.A.D.N.</small>
	TEAM WATER (PTG)	ACQUAGYM	TEAM WATER (PTG)		SURPRISE (PTG)
	11.00-11.50 <small>A.G.M.A.A.D.N.</small>	12.15-13.00 <small>A.G.M.A.A.D.N.</small>	12.00-12.50 <small>A.G.M.A.A.D.N.</small>		11.00-11.45 <small>A.G.M.A.A.D.N.</small>
ACQUAGYM	ACQUATONE	ACQUAHIIT (PTG)	ACQUAGYM	ACQUAEROBIC (PTG)	
13.15-14.00 <small>A.G.M.A.A.D.N.</small>	13.15-14.00 <small>A.G.M.A.A.D.N.</small>	13.15-14.00 <small>A.G.M.A.A.D.N.</small>	13.15-14.00 <small>A.G.M.A.A.D.N.</small>	13.15-14.00 <small>A.G.M.A.A.D.N.</small>	
	ACQUAHIIT (PTG)			ACQUAGYM	
	17.15-18.00 <small>A.G.M.A.A.D.N.</small>			17.15-18.00 <small>A.G.M.A.A.D.N.</small>	
ACQUAEROBIC (PTG)	ACQUAGYM	ACQUAHIIT (PTG)	ACQUAEROBIC	ACQUATONE	
18.00-18.45 <small>A.G.M.A.A.D.N.</small>	18.15-19.00 <small>A.G.M.A.A.D.N.</small>	18.00-18.45 <small>A.G.M.A.A.D.N.</small>	18.00-18.45 <small>A.G.M.A.A.D.N.</small>	18.15-19.00 <small>A.G.M.A.A.D.N.</small>	
ACQUAGYM	ACQUATONE	ACQUAGYM	ACQUAHIIT (PTG)		
19.00-19.45 <small>A.G.M.A.A.D.N.</small>	19.15-20.00 <small>A.G.M.A.A.D.N.</small>	19.00-19.45 <small>A.G.M.A.A.D.N.</small>	19.15-20.00 <small>A.G.M.A.A.D.N.</small>		

PTG CORSO A PRENOTAZIONE CON PTG CARD MASSIMO 9 PERSONE