

# PLANNING

## LEGENDA PLANNING

IN ARANCIO I CORSI FITNESS  
IN BLU I CORSI DI ACQUA  
FITNESS

## ORARI DI APERTURA DEL CLUB

LUN - VEN 7.00 - 23.00  
SABATO 8.00 - 20.00  
DOMENICA 9.00 - 14.00

### LUNEDÌ

07:30 **GROUP CYCLING**  
08:30 **ACQUAJUMP+STEP**  
08:30 **OUTRACE**  
08:30 **PILATES ADV**  
09:30 **POSTURAL**  
09:30 **ACQUAGYM AA**  
10:15 **TAI CHI**  
10:30 **BODY PUMP**  
10:30 **ACQUADRAINING**  
13:00 **ACQUACIRCUIT**  
14:00  
**ACQUATREADMILL+KOMB**  
17:00 **TOTAL BODY**  
17:30 **CALISTHENICS**  
17:30 **PILATES**  
18:00 **GROUP CYCLING**  
18:00 **QUBO**  
18:30 **PILATES FLOW**  
18:30 **CALISTHENICS**  
18:45 **ACQUAGYM AA**  
19:00 **GROUP CYCLING**  
19:00 **DANZA DEL VENTRE**  
**PRINCIPIANTI**  
19:00 **GAG**  
19:30 **PILATES ADV**  
19:30 **ACQUA DRAINING**  
19:45 **OUTRACE**  
20:00 **BODY PUMP**  
20:00 **GROUP CYCLING**  
20:30 **HYDROBIKE+KOMB**

### MARTEDÌ

07:15 **YOGA**  
08:15 **TOTAL BODY**  
08:15 **PILATES**  
09:15 **GAG**  
09:15 **PILATES FLOW**  
09:15 **ACQUA DRAINING**  
10:15 **LET'S DANCE!**  
10:15 **ACQUAJUMP+STEP**  
10:30 **FIT BOXE**  
12:00 **HYDROBIKE+SMILE**  
13:00 **GROUP CYCLING**  
14:00 **GROUP CYCLING**  
14:00 **ACQUADRAINING**  
17:45 **YOGA**  
18:00 **TOTAL BODY**  
18:00 **POSTURAL**  
18:00 **CALISTHENICS**  
18:00 **GROUP CYCLING**  
18:45 **ACQUACIRCUIT**  
19:00 **GROUP CYCLING**  
19:00 **GAG**  
19:00 **CARDIO & TONE**  
19:00 **FUNCTIONAL**  
19:00 **YOGA**  
20:00 **FIT BOXE**  
20:00 **GROUP CYCLING**  
20:00 **HYDROBIKE STRONG**  
20:00 **BARRE'**

### MERCOLEDÌ

07:30 **GROUP CYCLING**  
08:30 **TRX CIRCUIT**  
08:30 **PILATES ADV**  
08:30 **HYDROBIKE+SMILE**  
09:00 **BARRE'**  
09:30 **POSTURAL**  
09:30 **ACQUAGYM AA**  
10:00 **TAI CHI**  
10:30 **TRX+CORE**  
10:30 **ACQUATABATA**  
11:30 **HYDROBIKE + SMILE**  
13:00 **HYDROBIKE+KOMB**  
14:00 **ACQUAJUMP+SMILE**  
17:30 **PILATES ADV**  
17:30 **CALISTHENICS**  
18:00 **GROUP CYCLING**  
18:00 **STEP&TONE**  
18:30 **PILATES**  
18:30 **CALISTHENICS**  
18:45 **ACQUAGYM AA**  
19:00 **GROUP CYCLING**  
19:00 **DANZA DEL VENTRE**  
**INTERMEDIO**  
19:00 **GAG**  
19:30 **POSTURAL**  
19:30 **OUTRACE**  
19:30 **HYDROBIKE+SMILE**  
20:00 **GROUP CYCLING**  
20:30 **ACQUATABATA**

### GIOVEDÌ

07:15 **YOGA**  
08:15 **TOTAL BODY**  
08:15 **POSTURAL**  
09:15 **GAG**  
09:15 **PILATES ADV**  
09:15 **ACQUATABATA**  
09:30 **OUTRACE**  
10:15 **DANZA DEL VENTRE**  
**PRINCIPIANTI**  
10:15 **ACQUACIRCUIT**  
10:15 **CARDIO & TONE**  
12:00 **HYDROBIKE+SMILE**  
13:00 **GROUP CYCLING**  
14:00 **GROUP CYCLING**  
14:00 **ACQUATABATA**  
16:30 **PILATES**  
18:00 **BODY BALANCE**  
18:00 **POSTURAL**  
18:00 **GROUP CYCLING**  
18:30 **CALISTHENICS**  
18:45 **HYDROBIKE STRONG**  
19:00 **GROUP CYCLING**  
19:00 **TRX+CORE**  
19:00 **CARDIO & TONE**  
19:00 **PILATES**  
20:00 **FIT BOXE**  
20:00 **BARRE'**  
20:00 **PILATES FLOW**  
20:00 **ACQUACIRCUIT**  
20:00 **GROUP CYCLING**

### VENERDÌ

08:30 **GAG**  
08:30 **PILATES**  
08:30 **YOGA**  
08:30 **OUTRACE**  
08:30 **ACQUACIRCUIT**  
09:30 **TOTAL BODY**  
09:30 **POSTURAL**  
09:30 **ACQUAGYM AA**  
10:15 **TAI CHI**  
10:30 **ACQUAGYM ACQ. BASSA**  
13:00 **ACQUATREADMILL+KOMB**  
14:00 **GROUP CYCLING**  
14:00 **ACQUACIRCUIT**  
17:00 **PILATES**  
17:30 **CALISTHENICS**  
18:00 **GROUP CYCLING**  
18:00 **PILATES ADV**  
18:00 **YOGA**  
18:00 **QUBO**  
18:30 **CALISTHENICS**  
18:45 **ACQUAJUMP + STEP**  
19:00 **DANZA DEL VENTRE**  
**INTERMEDIO**  
19:00 **GAG**  
19:00 **GROUP CYCLING**  
19:15 **YOGA**  
19:30 **OUTRACE**  
19:30 **ACQUATREADMILL+SMILE**  
20:00 **STEP DANCE**  
20:30 **ACQUACIRCUIT**

### SABATO

09:00 **YOGA**  
09:30 **NEONATALE**  
09:00 **GROUP CYCLING**  
10:00 **GROUP CYCLING**  
10:15 **NEONATALE**  
10:30 **PILATES**  
11:00 **WA-TAI STRETCH**  
12:00 **ACQUAGYM AA**  
14:00 **GROUP CYCLING**  
17:00 **FIT BOXE**  
17:30 **GROUP CYCLING**  
18:00 **YOGA**

### DOMENICA

10:30 **GROUP CYCLING**  
11:30 **GROUP CYCLING**

## NUOTO LIBERO

LUN - VEN 7.00 - 15.00  
LUN - VEN 19.30 - 22.30  
SABATO 8.00 - 15.00  
SABATO 18.00 - 19.30  
DOMENICA 9.00 - 13.30