

# PLANNING

## ALL INCLUSIVE

### 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

07:15 YOGA RISVEGLIO  
07:30 GROUP CYCLING  
08:30 ACQUACIRCUIT  
08:30 OUTRACE  
08:30 PILATES ADV  
09:30 POSTURAL  
09:30 ACQUAGYM AA  
10:30 YOGA ALIGN  
10:30 ACQUAGYM AB  
13:00 GROUP CYCLING  
13:00 ACQUACIRCUIT  
14:00 HYDROBIKE+JUMP  
17:00 TOTAL BODY  
17:15 POSTURAL  
18:00 KETTLEBELL  
18:00 GROUP CYCLING  
18:00 QUBO  
18:15 PILATES  
18:45 ACQUAJUMP + TREAD.  
+ COMB.  
19:00 GROUP CYCLING  
19:00 CROSS TRAINING  
19:00 STEP  
19:15 DANZA DEL VENTRE  
PRINCIPIANTI  
19:30 PILATES ADV  
19:30 ACQUA DRAINING  
20:00 OUTRACE  
20:00 PUMP  
20:30 HYDROBIKE + TREAD.  
+ COMB.

## MARTEDÌ

08:15 TOTAL BODY  
08:30 PILATES  
09:15 SKILL + OUTRACE  
09:30 BARRE'  
09:30 POSTURAL  
09:30 ACQUA DRAINING  
10:30 HYDROBIKE + JUMP  
13:30 ACQUATABATA  
13:00 GROUP CYCLING  
14:00 GROUP CYCLING  
16:00 POSTURAL  
17:45 POSTURAL  
18:00 TOTAL BODY  
18:00 GROUP CYCLING  
18:30 BARRE'  
18:30 FUNCTIONAL  
19:00 GROUP CYCLING  
19:00 GAG  
19:00 PILATES ADV  
19:00 ACQUAJUMP +  
TREAD. + COMB.  
19:30 CALISTHENICS  
19:45 FLEXABILITY  
20:00 FIT BOXE  
20:00 GROUP CYCLING  
20:00 HYDROBIKE + JUMP

## MERCOLEDÌ

07:30 GROUP CYCLING  
08:30 TRX CIRCUIT  
08:30 PILATES ADV  
08:30 ACQUAJUMP + TREAD.  
+ COMB.  
09:30 POSTURAL  
09:30 ACQUAGYM AA  
10:30 YOGA ALIGN  
10:30 ACQUADRAINING  
11:30 HYDROBIKE + SMILE  
13:30 HYDROBIKE + JUMP  
17:00 STEP & TONE  
17:30 POSTURAL  
18:00 CALISTHENICS  
18:00 TABATA  
18:00 AEROBICA  
18:45 PILATES  
18:45 ACQUAGYM AA  
19:00 GROUP CYCLING  
19:00 DANZA DEL VENTRE  
INTERMEDIO  
19:00 STEP COREOGRAPHY  
19:00 OUTRACE  
19:30 YOGA VINYASA FLOW  
19:30 ACQUACIRCUIT  
20:00 CROSS TRAINING  
20:00 GROUP CYCLING  
20:30 ACQUATABATA

## GIOVEDÌ

07:15 YOGA RISVEGLIO  
08:15 TOTAL BODY  
08:30 PILATES  
09:15 SKILL + OUTRACE  
09:30 POSTURAL  
09:30 ACQUAGYM AB  
10:30 ACQUA TABATA  
13:00 GROUP CYCLING  
13:30 ACQUADRAINING  
14:00 GROUP CYCLING  
16:00 PILATES  
17:45 POSTURAL  
18:00 TOTAL BODY  
18:30 GROUP CYCLING  
18:30 FUNCTIONAL  
18:30 FLEXABILITY  
19:00 HYDROBIKE + JUMP  
19:00 PILATES ADV  
19:15 GAG  
19:30 GROUP CYCLING  
19:30 BARRE'  
19:30 CALISTHENICS  
20:00 FIT BOXE  
20:00 ACQUAJUMP +  
TREAD. + COMB.

## VENERDÌ

07:30 GROUP CYCLING  
08:30 PILATES ADV  
08:30 OUTRACE  
08:30 HYDROBIKE + JUMP  
09:30 TOTAL BODY  
09:30 POSTURAL  
09:30 ACQUAGYM AA  
10:30 ACQUACIRCUIT  
13:00 ACQUATABATA  
14:00 TREADMILL+JUMP+KOM  
17:30 CALISTHENICS  
18:00 GROUP CYCLING  
18:00 PILATES ADV  
18:00 TOTAL BODY  
18:30 CALISTHENICS  
18:45 ACQUAGYM AA  
19:00 DANZA DEL VENTRE  
INTERMEDIO  
19:00 STEP COREOGRAPHY  
19:00 GROUP CYCLING  
19:15 YOGA VINYASA FLOW  
19:30 OUTRACE  
19:30 ACQUAGYM AB

## SABATO

09:00 YOGA VINYASA  
FLOW  
09:00 GROUP CYCLING  
10:00 GROUP CYCLING  
10:00 TAI CHI  
09:30 NEONATALE  
10:15 NEONATALE  
10:30 POSTURAL  
11:30 PILATES  
11:00 WA-TAI STRETCH  
12:00 ROULETTE  
14:00 GROUP CYCLING  
17:30 GROUP CYCLING

## DOMENICA

10.30 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

# PLANNING POWER

## 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 OUTRACE  
13:00 GROUP CYCLING  
17:00 TOTAL BODY  
18:00 GROUP CYCLING  
18:00 QUBO  
19:00 GROUP CYCLING  
19:00 STEP  
20:00 OUTRACE

## MARTEDÌ

08:15 TOTAL BODY  
09:15 SKILL + OUTRACE  
13:00 GROUP CYCLING  
14:00 GROUP CYCLING  
18:00 TOTAL BODY  
18:00 GROUP CYCLING  
18:30 FUNCTIONAL  
19:00 GROUP CYCLING  
19:00 GAG  
19:30 CALISTHENICS  
20:00 FIT BOXE  
20:00 GROUP CYCLING

## MERCOLEDÌ

07:30 GROUP CYCLING  
08:30 TRX CIRCUIT  
17:00 STEP & TONE  
18:00 GROUP CYCLING  
18:00 CALISTHENICS  
19:00 GROUP CYCLING  
19:00 STEP COREOGRAPHY  
19:00 OUTRACE  
20:00 GROUP CYCLING

## GIOVEDÌ

08:15 TOTAL BODY  
09:15 SKILL + OUTRACE  
13:00 GROUP CYCLING  
14:00 GROUP CYCLING  
18:00 TOTAL BODY  
18:30 GROUP CYCLING  
18:30 FUNCTIONAL  
19:00 GAG  
19:30 GROUP CYCLING  
19:30 CALISTHENICS  
20:00 FIT BOXE

## VENERDÌ

07:30 GROUP CYCLING  
08:30 OUTRACE  
09:30 TOTAL BODY  
17:30 CALISTHENICS  
18:00 GROUP CYCLING  
18:00 TOTAL BODY  
18:30 CALISTHENICS  
19:00 STEP COREOGRAPHY  
19:00 GROUP CYCLING  
19:30 OUTRACE

## SABATO

09:00 GROUP CYCLING  
10:00 GROUP CYCLING  
14:00 GROUP CYCLING  
17:30 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



# PLANNING BODY & MIND

## 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

07:15 **YOGA RISVEGLIO**  
08:30 **PILATES ADV**  
09:30 **POSTURAL**  
09:30 ACQUAGYM AA  
10:30 **YOGA ALIGN**  
10:30 ACQUAGYM AB  
14:00 HYDROBIKE+JUMP  
17:15 **POSTURAL**  
18:15 **PILATES**  
18:45 ACQUAJUMP + TREAD.  
+ COMB.  
19:15 **DANZA DEL VENTRE**  
**PRINCIPIANTI**  
19:30 **PILATES ADV**  
19:30 ACQUA DRAINING

## MARTEDÌ

08:30 **PILATES**  
09:30 **POSTURAL**  
09:30 **BARRE'**  
09:30 ACQUA DRAINING  
10:30 HYDROBIKE + JUMP  
13:30 ACQUATABATA  
16:00 **POSTURAL**  
18:00 **POSTURAL**  
18:45 **BARRE'**  
19:00 **PILATES ADV**  
19:00 ACQUAJUMP +  
TREAD. + COMB.  
20:00 HYDROBIKE + JUMP

## MERCOLEDÌ

08:30 **PILATES ADV**  
08:30 ACQUAJUMP + TREAD.  
+ COMB.  
09:30 **POSTURAL**  
09:30 ACQUAGYM AA  
10:30 **YOGA ALIGN**  
10:30 ACQUADRAINING  
13:30 HYDROBIKE + JUMP  
17:30 **POSTURAL**  
18:00 **AEROBICA**  
18:30 **PILATES**  
18:45 ACQUAGYM AA  
19:15 **DANZA DEL VENTRE**  
**INTERMEDIO**  
20:30 ACQUATABATA

## GIOVEDÌ

07:15 **YOGA RISVEGLIO**  
08:30 **PILATES**  
09:30 **POSTURAL**  
09:30 ACQUAGYM AB  
10:30 ACQUATABATA  
13:30 ACQUADRAINING  
16:00 **PILATES**  
17:45 **POSTURAL**  
19:00 HYDROBIKE + JUMP  
19:00 **PILATES ADV**  
19:45 **BARRE'**  
20:00 ACQUAJUMP +  
TREAD. + COMB.

## VENERDÌ

08:30 **PILATES ADV**  
08:30 HYDROBIKE + JUMP  
09:30 **POSTURAL**  
09:30 ACQUAGYM AA  
13:00 ACQUATABATA  
14:00 TRADMILL+JUMP+KOMB  
18:00 **PILATES ADV**  
18:45 ACQUAGYM AA  
19:00 **DANZA DEL VENTRE**  
**INTERMEDIO**  
19:30 ACQUAGYM AB

## SABATO

10:00 **TAI CHI**  
10:30 **POSTURAL**  
11:30 **PILATES**  
12:00 ROULETTE

## 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