magma *planning* 2026

lunedì

07:15 GROUP CYCLING
07:20 VINYASA YOGA (sala 3)
08:15 ACQUA GYM 💧
08:20 HATHA YOGA (sala 3)
08:20 PILATES ADV (sala 1)
08:30 OUTRACE (sala attrezzi)
09:20 PILATES (sala 3)
09:20 BIATHLON 💧
09:40 ABS&BOOTY (sala 2)
10:15 PUMP (sala 2)
10:20 ACQUAGYM AA 💧
10:20 PILATES (sala 1)
11:15 GROUP CYCLING
11:20 CORPO LIBERO (sala 2)
11:20 HYDROBIKE + JUMP 💧
12:15 OUTRACE (sala attrezzi)
12:20 ACQUA TABATA 💧
13:00 GROUP CYCLING
13:20 ACQUA FUSION 💧
14:20 WALK + JUMP 💧
15:00 PILATES (sala 1)
16:00 GAG (sala 2)
17:00 POSTURAL (sala 3)
17:00 CIRCUIT TRAINING (sala1)
17:30 ABS&BOOTY (sala 2)
18:00 PILATES (sala 3)
18:00 OUTRACE (sala attrezzi)
18:00 GROUP CYCLING
18:05 AEROBICA (sala1)
18:05 PUMP (sala 2)
18:15 BIKE + KOMBAT 💧
19:00 OUTRACE (sala attrezzi)
19:00 GROUP CYCLING
19:00 FLEXABILITY (sala 1)
19:05 POSTURAL (sala 3)
19:05 STEP (sala 2)
19:15 ACQUA ABS&BOOTY 💧
20:00 BARRÈ (sala 3)
20:05 PUMP (sala 2)
20:15 ACQUA FITNESS 💧

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07:15 GROUP CYCLING
07:20 FLEXABILITY (sala 2)
08:15 PILATES (sala 1)
08:15 ACQUAPOWER 💧
08:20 TOTAL BODY (sala 2)
09:10 PILATES ADV (sala 1)
09:15 ACQUA TABATA 💧
09:20 GAG (sala 2)
10:05 TRX FTC (sala 1)
10:15 OUTRACE (sala attrezzi)
10:15 ACQUA GYM 💧
10:20 POSTURAL (sala 2)
11:00 DANZA DEL VENTRE BASE (sl 3)
11:05 POSTURAL (sala 1)
11:15 ACQUA GYM AA 💧
12:15 ACQUA DINAMIC 💧
13:15 HYDROBIKE + SMILE 💧
14:15 GROUP CYCLING
16:00 POSTURAL (sala 2)
17:00 GROUP CYCLING
17:00 PILATES (sala 3)
17:00 FUNCTIONAL (sala 2)
18:00 HATHA YOGA (sala 3)
18:00 TRX FTC (sala 1)
18:00 GROUP CYCLING
18:05 PILATES ADV (sala 2)
18:15 BIATHLON 💧
19:00 OUTRACE (sala attrezzi)
19:00 GROUP CYCLING
19:00 VINYASA YOGA (sala 1)
19:00 BARRÈ (sala 2)
19:05 DANZA DEL VENTRE (sl 3)
19:15 ACQUA POWER 💧
20:00 GROUP CYCLING
20:00 FLEXABILITY (sala 2)
20:05 FIT KOMBAT (sala 1)
20:15 ACQUA FITNESS 💧

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07:15 GROUP CYCLING
07:20 VINYASA YOGA (sala 3)
08:15 TRIATHLON 💧
08:20 HATHA YOGA (sala 3)
08:20 POSTURAL (sala 1)
08:30 OUTRACE (sala attrezzi)
09:20 PILATES (sala 3)
09:20 CARDIO BOXE (sala 1)
09:20 ACQUAGYM AA 💧
09:40 ABS&BOOTY (sala 2)
10:15 PUMP (sala 2)
10:20 ACQUA DRAINING 💧
10:20 PILATES (sala 3)
11:20 PILATES TRX (sala 1)
11:20 ACTIVE DANCE (sala 2)
11:20 HYDROBIKE + SMILE 💧
12:20 ACQUA CIRCUIT 💧
13:00 GROUP CYCLING
13:20 OUTRACE (sala attrezzi)
14:20 HYDROBIKE + SMILE 💧
15:00 PILATES (sala 1)
16:00 GAG (sala 2)
16:30 DANZA DEL VENTRE BASE (sl 3)
17:00 DINAMIC STRETCH (sala 2)
17:00 FIT KOMBAT (sala 1)
18:00 PILATES ADV (sala 1)
18:00 POSTURAL (sala 1)
18:00 OUTRACE (sala attrezzi)
18:00 GROUP CYCLING
18:05 CIRCUIT TRAINING (sala 2)
18:15 JUMP + KOMBAT 💧
19:00 OUTRACE (sala attrezzi)
19:00 GROUP CYCLING
19:00 PILATES (sala 3)
19:05 PILATES ADV (sala 1)
19:05 AEROBICA (sala 2)
19:15 ACQUA TABATA 💧
20:05 TOTAL BODY (sala 2)
20:15 ACQUA ABS&BOOTY 💧

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07:15 GROUP CYCLING
07:20 FLEXABILITY (sala 2)
08:15 PILATES (sala 1)
08:15 ACQUA POWER 💧
08:20 TOTAL BODY (sala 2)
09:10 PILATES ADV (sala 1)
09:15 ACQUA TABATA 💧
09:20 GAG (sala 2)
10:05 TRX FTC (sala 1)
10:15 OUTRACE (sala attrezzi)
10:15 ACQUA DINAMIC 💧
10:20 POSTURAL (sala 2)
11:15 GROUP CYCLING
11:00 DANZA DEL VENTRE BASE (sl 3)
11:05 POSTURAL (sala 1)
11:15 ACQUA FITNESS 💧
12:15 ACQUA GYM AA 💧
13:15 BIATHLON 💧
14:15 GROUP CYCLING
16:00 POSTURAL (sala 1)
17:00 GROUP CYCLING
17:00 PILATES ADV (sala 3)
17:00 FUNCTIONAL (sala 2)
18:00 HATHA YOGA (sala 3)
18:00 TRX FTC (sala 1)
18:00 GROUP CYCLING
18:05 PILATES ADV (sala 2)
18:15 HIDROBYKE + SMILE 💧
19:00 OUTRACE (sala attrezzi)
19:00 GROUP CYCLING
19:00 VINYASA YOGA (sala 1)
19:05 POSTURAL (sala 3)
19:05 FLEXABILITY (sala 2)
19:15 BIATHLON 💧
20:00 BARRÈ (sala 2)
20:05 FIT KOMBAT (sala 1)
20:15 GROUP CYCLING
20:15 ACQUA FITNESS 💧

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07:15 GROUP CYCLING
08:15 ACQUA FITNESS 💧
08:20 POSTURAL (sala 1)
08:20 PILATES ADV (sala 2)
08:30 OUTRACE (sala attrezzi)
09:20 PILATES (sala 1)
09:20 FUNCTIONAL (sala 2)
09:20 ACQUA GYM AA 💧
10:20 ACQUA TABATA 💧
10:20 PILATES ADV (sala 1)
10:20 TOTAL BODY (sala 2)
11:20 ACQUA GYM 💧
12:20 ACQUA TABATA 💧
13:20 ACQUA SMILE 💧
13:20 OUTRACE (sala attrezzi)
14:20 WALK + JUMP 💧
15:00 PILATES (sala 1)
16:00 PILATES TRX (sala 1)
16:00 PUMP (sala 2)
17:00 DINAMIC STRETCH (sala 3)
17:00 SIX PACK (sala 1)
17:30 ABS&BOOTY (sala 2)
18:00 PILATES (sala 3)
18:00 OUTRACE (sala attrezzi)
18:00 GROUP CYCLING
18:05 FIT KOMBAT (sala 1)
18:05 PUMP (sala 2)
18:15 ACQUA GYM AA 💧
19:00 OUTRACE (sala attrezzi)
19:00 GROUP CYCLING
19:00 PILATES ADV (sala 1)
19:05 DANZA DEL VENTRE (sl 3)
19:05 CIRCUIT TRAINING (sala 2)
19:15 ACQUA DINAMIC 💧
20:15 ACQUA ABS&BOOTY 💧

sabato

08:10 YOGA (sala 1)
08:30 GROUP CYCLING
09:15 PILATES (sala 1)
09:30 GROUP CYCLING
09:30 T.A.I. (sala 2)
10:15 PILATES TRX (sala 1)
10:30 AEROBICA (sala 2)
11:00 ACQUA FITNESS 💧
17:30 GROUP CYCLING

abbonamento **POWER**
abbonamento **BODY&MIND**

(💧 : IN **ACQUA**)

CORSI IN COMUNE
inclusi sia nell'abbonamento POWER che in BODY&MIND

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