



ORARI SALE FITNESS 2025/2026

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		LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
		PISCINA	PALESTRA SALA A	PALESTRA SALA B	PISCINA	PALESTRA SALA A	PALESTRA SALA B	PISCINA	PALESTRA SALA A	PALESTRA SALA B	PISCINA	PALESTRA SALA A	PALESTRA SALA B	PISCINA	PALESTRA SALA A	PALESTRA SALA B	PISCINA	PALESTRA SALA A	PALESTRA SALA B
MATTINA	08:30		SUPER GAG			PILATES				POWER PILATES		CIRCUIT TRAINING			PILATES				
	09:00	ACQUA FITNESS		POWER PILATES				ACQUA FITNESS											
	09:30		PILATES			SUPER GAG			PILATES	CIRCUITO FUNZIONALE		PILATES			TOTAL BODY		ACQUA FITNESS		
	10:00			CIRCUITO FUNZIONALE															
	10:30		TOTAL BODY		WATER WORKOUT				PILATES	TABATA	ACQUA CIRCUIT			WATER WORKOUT					
	11:00			POSTURAL PILATES															
	11:30	WATER WORKOUT				POSTURAL PILATES			TOTAL BODY	POSTURAL PILATES		POSTURAL PILATES			PILATES				
	12:00			TABATA															
PRANZO	13:45					PILATES						PILATES							
SERA	16:00		PILATES							PILATES					PILATES				
	16:30						GAG						GAG						
	17:00		PILATES	KARATE BAMBINI						TABATA					PILATES	KARATE BAMBINI			
	17:30						POSTURALE						POSTURALE						
	18:00		TOTAL BODY	KARATE RAGAZZI		STEP 4 ALL				POSTURAL PILATES		DANCE 4 ALL			TOTAL BODY	KARATE RAGAZZI			
	18:30						JUJUTSU RAGAZZI						JUJUTSU RAGAZZI						
	19:00	ACQUA FITNESS	PILATES	KARATE ADULTI	AQUATIC BIKE	CLASSIC PUMP		ACQUA FITNESS		CIRCUITO FUNZIONALE	AQUATIC BIKE	METABOLIC TRAINING PROGRAM		ACQUA FITNESS	PILATES	KARATE ADULTI			
	20:00						JUJUTSU ADULTI						JUJUTSU ADULTI						

SILVIA

STEFANO

ELEONORA

GIUSEPPE

MICHELE

GIULIA P.

FEDERICO

CAMILLA