

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
9.00	M	PILATES 1	8.30	M	STRETCHING 30' 1	9.00	M	G.A.G. 1	8.30	M	STRETCHING 30' 1	9.00	M	PILATES 1	10.30	M	INDOOR CYCLING* S
10.00		POSTURALE 30' 1	9.00	M	GYMNASTIK 1	10.00	M	PILATES 1	9.00	M	LIFENESS-GYM 1	10.00		POSTURALE 30' 1	11.00		POSTURALE 30' 1
10.00	M	H2O GYM* P	10.00		POSTURALE 30' 1	10.00	M	H2O GYM* P	10.00		POSTURALE 30' 1	10.00	M	H2O GYM* P	11.30	M	TONE UP 1
10.30	M	PUMP 1	10.30	M	PILATES 1	11.00	M	FUNZIONALE 1	10.30	M	PILATES STRONG 1	10.30	M	PUMP 1	12.30	M	YOGA 90' 1
11.00	M	HYDROBIKE* P	10.30	M	H2O G.A.G.* P	11.00	M	HYDROBIKE* P	10.30	M	H2O G.A.G.* P	11.00	M	HYDROBIKE* P	12.30	M	H2O GYM* P
11.30	M	X-TRAINING 1	11.30	M	ENERGYM 1	11.30	M	TOTAL BODY 2	11.30	M	CIRCUIT TRAINING 1	12.00	M	TOTAL CIRCUIT 1	13.30	M	HYDROBIKE* P
12.00		GINN. PREPARTO P	11.30	M	HYDROBIKE* P	12.30	M	OLIT 1	12.30	M	FUNZIONALE 1	12.00		GINN. PREPARTO P	15.00	M	G.A.G. 1
13.30	M	TONE UP 1	12.30	M	FUNZIONALE 1	13.30	M	G.A.G. 1	13.30	M	TOTAL BODY 1	13.30	M	PILATES 2	16.00	M	OLIT 1
13.30	M	H2O JUMP* P	13.20	M	PILATES 2	13.30	M	HYDROBIKE* P	13.30	M	INDOOR CYCLING* S	13.30	M	HYDROBIKE* P			
14.20	M	FUNZIONALE 1	13.30	M	TOTAL BODY 1	14.20	M	TONE UP 1	13.30	M	H2O TONE* P	17.00		DANZA 2			
17.00	M	POWER YOGA 1	13.30	M	INDOOR CYCLING* S	16.30		POSTURALE 30' 1	17.00		KARATE KID 2	17.00	M	YOGA 1			
18.00	M	BFT 2	14.30		POSTURALE 30' 2	17.00	M	YOGALATES 1	17.30	M	PILATES 1	18.00	M	BFT 2			
18.00		POSTURALE * 3	17.00		KARATE KID 2	17.00		DANZA 2	18.30	M	TONE UP 1-2	18.00	M	FUNZIONALE 1			
18.00	M	FUNZIONALE 1	17.30	M	PILATES 1	18.00	M	TONE UP 1-2	19.00	M	INDOOR CYCLING* S	18.00	M	POSTURALE * 3			
19.00	M	PILATES 1-2	18.30	M	TONE UP 1-2	18.00		GINN. PREPARTO P	19.20	M	H2O TONIC GYM* P	19.00	M	TOTAL BODY 2			
19.00	M	H2O CIRCUIT TRAINING* P	18.50	M	HYDROBIKE* P	18.10	M	HYDROBIKE* P	19.30	M	FUNCTIONAL CIRCUIT 40' 1	19.00	M	PILATES 1			
19.30	M	INDOOR CYCLING* S	19.00	M	INDOOR CYCLING* S	19.00	M	INDOOR CYCLING* S	19.30	M	STEP 2	19.10	M	H2O CIRCUIT JUMP* P			
20.00	M	PREPUGILISTICA 2	19.30	M	FUNCTIONAL CIRCUIT 40' 1	19.00	M	G.A.G. 1	20.10	M	TOTAL BODY 1	19.30	M	INDOOR CYCLING* S			
20.00	M	HYDROBIKE* P	19.30	M	STEP 2	19.00	M	H2O CIRCUIT JUMP* P	20.10	M	HYDROBIKE* P	20.00	M	PREPUGILISTICA 2			
20.00	M	TOTAL BODY 1	19.40	M	H2O KICK* P	19.00	M	CARDIODANCE 2	20.30	M	KICK BOXING 2	20.00	M	HYDROBIKE* P			
			20.10	M	TOTAL BODY 1	20.00	M	INDOOR CYCLING* S	21.00		SALSA 2	20.30		SALSA 1			
			20.30	M	KICK BOXING 2	20.00	M	OLIT 1									
						20.00	M	TOTAL BODY 2									

ORARI NUOTO LIBERO

LUN+GIO

8:00 - 16:30
19:40 - 22:30

MAR+VEN

8:00 - 16:30
19:30 - 22:30

MERCOLEDI'

8:00 - 16:30
18:30 - 22:30

SABATO

9:00 - 14:30
18:00 - 20:00

DOMENICA

10:00 - 14:00

LA DIREZIONE SI RISERVA LA POSSIBILITA' DI APPORTARE MODIFICHE ALLA PROGRAMMAZIONE

QUESTO PLANNING RIGUARDA L'ATTIVITA' SPORTIVA E GINNASTICA FINALIZZATA ALLA SALUTE, AL FITNESS ED ALLE ATTIVITA' GINNICO-MOTORIE ACQUATICHE APPLICATIVE ALLA DISCIPLINA DEL NUOTO

ATTIVITA' EXTRA

* ATTIVITA' SU PRENOTAZIONE

M = METODO

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h2ofitnesscenter

ORARI APERTURA CENTRO

LUNEDI' - VENERDI': 8:00 - 22:30
SABATO: 9:00 - 20:00
DOMENICA: 10:00 - 14:00