

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO		
9.00	PILATES	1	8.30	STRETCHING 30'	1	9.00	G.A.G.	1	8.30	STRETCHING 30'	1	9.00	PILATES	1	10.30	INDOOR CYCLING*	S
10.00	POSTURALE 30'	1	9.00	LIFE FITNESS	1	10.00	BODYMIND	1	9.00	LIFE FITNESS	1	10.00	POSTURALE 30'	1	11.00	POSTURALE 30'	1
10.00	H2O GYM*	P	10.00	POSTURALE 30'	1	10.00	H2O GYM*	P	10.00	POSTURALE 30'	1	10.00	H2O GYM*	P	11.30	TONE UP	1
10.30	PUMP	1	10.30	PILATES	1	11.00	X-TRAINING	2	10.30	PILATES STRONG	1	10.30	PUMP	1	12.30	YOGA 90'	1
11.00	HYDROBIKE*	P	10.30	H2O G.A.G.*	P	11.00	HYDROBIKE*	P	10.30	H2O G.A.G.*	P	11.00	HYDROBIKE*	P	12.30	H2O GYM*	P
11.30	X-TRAINING	1	11.30	HYDROBIKE*	P	12.00	TOTAL WORKOUT	1	11.30	TOTAL BODY	1	12.00	CARDIO CIRCUIT	1	13.30	HYDROBIKE*	P
13.30	TONE UP	1	11.30	TOTAL BODY	1	13.30	G.A.G.	1	12.30	FUNZIONALE	2	13.30	FUNCTIONAL WORKOUT	2	14.10	GAG	1
13.30	H2O JUMP*	P	12.30	FUNZIONALE	2	13.30	HYDROBIKE*	P	13.30	TOTAL BODY	2	13.30	HYDROBIKE*	P	15.00	OLISTIC	1
17.00	POWER YOGA	1	13.30	TOTAL BODY	2	16.30	POSTURALE 30'	1	13.30	H2O TONE*	P	16.30	POWER YOGA	1			
18.00	BFT	2	17.30	PILATES	1	17.00	YOGALATES	1	17.30	PILATES	1	17.30	POSTURALE 30'	1			
19.00	PILATES	1	18.30	TONE UP	1-2	18.00	AKIPUMP	2	18.30	TONE UP	1-2	18.00	FUNZIONALE	2			
19.00	H2O CIRCUIT TRAINING*	P	19.00	HYDROBIKE*	P	18.10	HYDROBIKE*	P	19.00	INDOOR CYCLING*	S	19.00	PILATES	1			
19.30	INDOOR CYCLING*	S	19.00	INDOOR CYCLING*	S	19.00	INDOOR CYCLING*	S	19.00	H2O TONIC GYM*	P	19.00	HYDROBIKE*	P			
20.00	HYDROBIKE*	P	19.30	FUNCTIONAL CIRCUIT 40'	2	19.00	TOTAL WORKOUT	1	19.30	FUNCTIONAL CIRCUIT 40'	2	19.30	INDOOR CYCLING*	S			
20.00	PREPUGILISTICA	2	20.00	H2O KICK*	P	19.00	H2O CIRCUIT JUMP*	P	20.10	TOTAL BODY	2	20.00	PREPUGILISTICA	2			
21.00	SALSA	1	20.10	TOTAL BODY	2	20.00	PREPUGILISTICA	1	20.00	HYDROBIKE*	P	20.00	H2O CIRCUIT JUMP*	P			
						21.00	SWING	2	21.30	SALSA	2	20.30	SALSA	2			

### ORARI NUOTO LIBERO

#### LUN-GIO

8:00 - 16:00  
20:00 - 22:30

#### MAR-VEN

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

#### MERCOLEDI'

8:00 - 16:00  
19:00 - 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

TUTTE LE LEZIONI SONO DI GINNASTICA GENERALE FINALIZZATA AL BENESSERE CON I VARI METODI APPLICATI

■ ATTIVITA' EXTRA

\* ATTIVITA' SU PRENOTAZIONE



### H2O FITNESS CENTER

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### ORARI APERTURA CENTRO

LUNEDI' - VENERDI': 8:00 - 22:30 FINE ATTIVITA' 23:00 CHIUSURA CLUB  
SABATO: 9:00 - 20:00 FINE ATTIVITA' 20:30 CHIUSURA CLUB  
DOMENICA: 10:00 - 14:00 FINE ATTIVITA' 14:30 CHIUSURA CLUB