

PLANNING CORSI FITNESS E ACQUAFITNESS DAL 03 GIUGNO 2025



MATTINA

PAUSA PRANZO

POMERIGGIO / SERA

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO			DOMENICA		
07:45 08:30	Nirvana Fitness Nicoletta	S 3	07:15 08:00	Functional Power Ivano	S 1	10:00 10:55	Core Training Sara	S 1	07:45 08:30	Fit Pilates Nicoletta	S 3	07:15 08:00	Interval Training Giulia	S 1	10:00 11:00	TAI CHI Salvatore	S 1	10:30 11:30	Cycle Mariangela	S 2
10:00 10:45	ACQUAGYM Riccardo		10:10 10:55	Pancastretch Federico	S 3	10:00 10:45	ACQUAGYM Valentina		10:00 10:45	ACQUAGYM Riccardo		10:00 10:55	Core Training Sara	S 1	11:00 11:45	ACQUAGYM Daniela		11:00 11:45	ACQUAGYM rotazione	
10:30 11:15	Pancastretch Nicoletta	S 3	11:00 11:45	Pancastretch Federico	S 3	11:10 12:00	Stretching Sara	S 1	10:15 11:15	Postural Yoga Francesca	S 1	11:00 11:50	Power Stretching Gianluca	S 1	11:50 12:35	IDROBIKE Daniela		11:50 12:35	IDROBIKE rotazione	
11:30 12:20	Stretch&Tone Nicoletta	S 1	11:05 12:00	Yoga Mind Francesca	S 1				11:25 12:10	Fit Pilates Nicoletta	S 3				11:00 12:00	G.A.G a rotazione	S 1			
12:30 13:00	Step Ivano	S 1	12:00 12:50	Fit Pilates Nicoletta	S 3	12:30 13:00	Upper Body Ivano	S 1	12:15 13:00	Nirvana Fitness Nicoletta	S 3	12:00 12:50	Dance Fitness Gianluca	S 1	12:00 12:30	Stretching a rotazione	S 1			
12:30 13:15	Pound Fit Nicoletta	S 3	12:50 13:40	Core Pilates Nicoletta	S 3	13:00 14:00	Fat Killer Ivano	S 1	13:00 13:50	Flow Nirvana Nicoletta	S 3	13:00 13:45	Power Circuit Gianluca	S 1	12:30 13:30	Functional Power Ivano	S 1			
13:00 14:00	Super Tone Ivano	S 1	13:00 14:00	Cycle Mariangela	S 2	13:15 14:00	ACQUAGYM Valentina		13:00 14:00	Cycle Mariangela	S 2	13:15 14:00	IDROBIKE Paolo		13:30 14:00	Power Circuit Ivano	S 1			
13:15 14:00	ACQUAGYM Riccardo		13:00 13:50	Flexy&Tone Giulia	S 1				13:15 14:00	ACQUAGYM Riccardo										
			13:15 14:00	IDROBIKE Paolo																
16:30 17:00	Abdominal Circuit Ivano	S 1	18:00 18:50	Fit Pilates Nicoletta	S 3	17:30 18:00	Full Body Alessandro	S 1	18:00 18:50	Nirvana Fitness Nicoletta	S 3	17:00 18:00	Active Gluteus Ivano	S 1						
17:00 18:00	Active Gluteus Ivano	S 1	18:00 19:00	Functional Power Camilla	S 1	18:00 18:45	Pound Fit Nicoletta	S 3	18:00 18:50	G.A.G Ivano	S 1	18:00 18:50	Fit Pilates Nicoletta	S 3						
18:00 19:00	Power Pump Ivano	S 1	18:00 19:00	Cycle Daniela	S 2	18:00 19:00	Functional Training Alessandro	S 1	18:00 19:00	Cycle Mariangela	S 2	18:00 19:00	Power Pump Ivano	S 1						
18:30 19:15	IDROBIKE Daniela		18:30 19:15	ACQUAGAG Paola		18:30 19:15	IDROBIKE Daniela		18:30 19:15	ACQUAGYM Paola		18:30 19:15	IDROBIKE Paola							
19:00 19:45	FitBoxe Nicoletta	S 2	19:00 19:50	Core Pilates Nicoletta	S 3	18:50 19:35	Pound Unplugged Nicoletta	S 3	19:00 19:50	Fit Pilates Nicoletta	S 3	19:00 19:50	Flow Nirvana Nicoletta	S 3						
19:00 20:00	AdvancedTraining Ivano	S 1	19:00 20:00	Cycle Daniela	S 2	19:00 20:00	Brazuca Fitness Ylenia/Krizia	S 1	19:00 20:00	Cycle Mariangela	S 2	19:00 20:00	AdvancedTraining Ivano	S 1						
19:20 20:05	IDROBIKE Daniela		19:00 19:50	Interval Training Giulia	S 1	19:00 20:00	Kettlebell Alessandro	S C	19:00 20:00	Total Tone Ylenia/Krizia	S 1	19:00 20:00	Calisthenics Nikolas	S C						
19:50 20:35	Postural Nicoletta	S 3	19:00 20:00	Calisthenics Nikolas	S C	19:20 20:05	ACQUACIRCUIT Daniela		19:20 20:05	IDROBIKE Paola		19:20 20:05	ACQUAGAG Paola							
20:00 20:30	G.A.G Ivano	S 2	19:20 20:05	ACQUARUNNING Paola								20:00 20:30	Glutei Ivano	S 1						

LEGENDA

SALA 1

SALA 2

SALA 3

SALA CARDIO

VASCA GRANDE

LEGENDA

SALA 1
SALA 2
SALA 3
SALA CARDIO
VASCA GRANDE

- TOP CLUB: TUTTI CORSI FITNESS E ACQUAFITNESS COMPRESI NEL PLANNIG
- DAILY CLUB: TUTTI CORSI FITNESS E ACQUAFITNESS FINO ALLE ORE 15,00
- TOP FITNESS: TUTTI CORSI FITNESS COMPRESI NEL PLANNING
- TOP SWIM: TUTTI CORSI ACQUAFITNESS COMPRESI NEL PLANNING

PER PARTECIPARE AI CORSI DI FITNESS E ACQUAFITNESS E' OBBLIGATORIA LA PRENOTAZIONE