

PLANNING CORSI FITNESS E ACQUAFITNESS DAL 13 LUGLIO 2026



MATTINA

PAUSA PRANZO

POMERIGGIO / SERA

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

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