

LUNEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.45-08.30	Functional Training	Vitality	Davide
08.35-09.15	TRX Circuit	Vitality	Davide
09.00-09.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
09.00-10.00	Matwork Pilates 😊	Conscious	Daniela
09.30-10.25	Hatha Yoga	Vitality	Marisa
09.45-10.30	Total Body	Energy	Sabina
10.15-11.00	Matwork Pilates 😊	Conscious	Silvia
10.30-11.00	Upper Body	Vitality	Marisa
10.35-11.05	Stretching	Energy	Sabina
11.00-11.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
11.05-11.35	GAG	Vitality	Marisa
11.15-12.00	Reformer Pilates*	Conscious	Silvia
11.15-12.00	Latin Dance	Energy	Sabina
12.00-12.30	Stretching Posturale	Vitality	Aaron
12.00-12.30	CX Worx - Addominali	Energy	Benedetta
12.15-13.00	Reformer Pilates*	Conscious	Silvia
13.00-14.00	Indoor Cycle* 🔥	Vitality	Silvio
13.05-13.50	Total Body Workout	Energy	Simone
13.15-13.45	Play Omnia/Omnia Group 😊	Omnia	Rotazione
13.15-14.00	Reformer Pilates Avanzato*	Conscious	Silvia
14.00-14.30	Addominali	Energy	Luca
14.30-14.45	Stretching	Energy	Luca
15.00-15.45	Matwork Pilates 😊	Conscious	Silvia
16.00-16.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
16.00-16.45	Body Balance	Energy	Benedetta
16.00-19.00	Gioca Gym	Vitality	Gemma
17.30-18.25	Power Tone	Energy	Claudia
18.30-19.25	Cardio & Tone	Energy	Claudia
18.45-19.30	Matwork Pilates 😊	Conscious	Carlotta
19.00-19.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
19.30-20.10	Team Training NEW	Vitality	Luca
19.35-20.05	CX Worx - Addominali	Conscious	Claudia
19.35-20.35	Body Pump	Energy	Angela/Simone
20.10-20.40	Body Balance	Conscious	Benedetta
20.25-20.55	Grit 🔥	Vitality	Luca
20.40-21.35	Zumba	Energy	Elisa
20.45-21.15	Play Omnia/Omnia Group 😊	Omnia	Rotazione
21.00-21.30	Addominali	Conscious	Luca
21.05-21.55	Indoor Cycle* 🔥	Vitality	Dario

MARTEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.30-08.15	Body Balance	Energy	Benedetta
07.45-08.15	Sprint - Interval Training* 🔥	Vitality	Davide
08.20-08.45	Addominali	Energy	Davide
09.00-09.30	Body Balance	Conscious	Alice
09.00-09.45	Total body	Energy	Clara
09.30-10.00	Play Omnia/Omnia Group 😊	Omnia	Rotazione
09.30-10.15	Matwork Pilates 😊	Conscious	Alice
09.45-10.15	Stretching	Energy	Clara
10.10-10.55	TRX Circuit	Vitality	Davide
10.20-11.15	Pancafit*	Conscious	Alice
10.20-11.20	Zumba	Energy	Clara
11.00-11.30	Impacto Training NEW	Vitality	Davide
11.30-12.00	CX Worx - Addominali	Energy	Benedetta
11.30-12.15	Reformer Pilates*	Conscious	Alice
12.00-12.30	Gambe e Glutei	Energy	Clara
12.30-13.00	Addominali	Energy	Clara
12.30-13.00	Body Balance	Conscious	Alice
13.00-13.45	Matwork Pilates 😊	Conscious	Alice
13.00-13.55	Aerotone	Vitality	Laura-Angela
13.05-13.50	Body Pump Express	Energy	Davide
13.15-13.45	Mobility Class	Area Funzionale	Giancarlo
14.00-14.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
14.00-14.45	Postural Tone	Energy	Umberto
15.00-15.45	Reformer Pilates*	Conscious	Karin
15.00-18.45	Gioca Gym	Energy	Gemma
16.00-16.45	Hatha Yoga	Conscious	Karin
17.00-17.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
17.45-18.30	Body Tone 😊 NEW	Vitality	Enrica
18.00-18.55	Hatha Yoga	Conscious	Marisa
18.40-19.25	Indoor Walking*	Vitality	Marco
18.50-19.30	Body Balance	Energy	Enrica
19.00-19.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
19.05-19.35	Pancafit*	Conscious	Aaron
19.35-20.05	Grit 🔥	Vitality	Simone
19.35-20.35	Body Pump	Energy	Marco
19.45-20.30	Reformer Pilates*	Conscious	Marisa
20.15-20.45	TRX Circuit	Vitality	Davide/Luca
20.40-21.10	Boxe Circuit intro	Energy	Marco/Julien
20.40-21.25	Reformer Pilates*	Conscious	Marisa
20.45-21.05	Addominali	Vitality	Davide/Luca
21.00-21.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
21.10-22.10	Boxe Circuit	Energy	Marco/Julien

SABATO

ORA	ATTIVITÀ	SALA	TRAINER
10.30-11.00	Gambe e Glutei	Energy	Rotazione
11.00-11.30	Addominali	Energy	Rotazione
11.30-12.30	Jolly Class	Energy	Rotazione
13.00-13.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
15.30-16.25	Body Pump	Energy	Francesca
16.30-17.00	Sprint - Interval Training* 🔥	Vitality	Francesca
17.00-17.30	Body Balance	Energy	Francesca

DOMENICA

ORA	ATTIVITÀ	SALA	TRAINER
10.30-11.15	Indoor Walking*	Vitality	Marco/Rotazione
11.15-12.00	Total Body Workout	Energy	Marco/Rotazione
12.00-12.30	Addominali e Stretching	Area Funzionale	Rotazione
12.00-12.45	Total Body Workout	Energy	Marco/Rotazione
12.15-13.10	Indoor Cycle* 🔥	Vitality	Rotazione
12.45-13.30	Body Pump	Energy	Marco/Rotazione
13.30-14.00	Play Omnia/Omnia Group 😊	Omnia	Rotazione
15.00-15.55	Total Body	Energy	Riccardo
16.00-16.30	Addominali	Energy	Riccardo
16.35-17.15	Postural Tone	Energy	Riccardo

MERCOLEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
07.15-08.00	Indoor Cycle* 🔥	Vitality	Dario
07.15-08.00	Get Cross	Energy	Luca D.
08.00-08.45	Matwork Pilates 😊	Conscious	Daniela
08.05-08.30	Addominali	Energy	Luca
08.30-09.00	Grit 🔥	Energy	Luca
09.00-09.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
09.00-09.30	Body Balance	Energy	Emanuela
09.00-09.55	Stretching Posturale	Vitality	Maryl
09.30-10.25	Hatha Yoga	Conscious	Marisa
09.35-10.30	Zumba	Energy	Emanuela
10.00-10.55	Stretching Posturale	Vitality	Maryl
10.15-11.00	Functional Training	Area Funzionale	Luca
10.30-11.15	Training Olistico NEW	Conscious	Marisa
10.40-11.25	Matwork Pilates 😊	Energy	Emanuela
11.00-11.30	CX Worx - Addominali	Vitality	Maryl
11.30-12.00	Body Balance	Vitality	Maryl
11.30-12.15	Reformer Pilates*	Conscious	Marisa
11.30-12.25	Aerotone	Energy	Emanuela
12.00-12.55	Sbarra a terra NEW	Vitality	Maryl
12.30-13.00	Pancafit*	Conscious	Aaron
12.30-13.00	Stretching	Energy	Emanuela
13.05-14.00	Cardio Training	Vitality	Emanuela
13.15-14.00	Body Balance	Conscious	Benedetta
13.15-14.00	Body Attack 🔥 NEW	Energy	Simone
13.30-14.00	Play Omnia/Omnia Group 😊	Omnia	Rotazione
15.00-15.30	Addominali	Area Funzionale	Pietro
15.00-15.45	Matwork Pilates 😊	Energy	Sabina
15.00-18.50	Gioca Gym	Vitality	Gemma
15.30-15.45	Stretching	Area Funzionale	Pietro
16.00-16.30	Upper Body	Energy	Sabina
16.00-16.45	Functional Training	Area Funzionale	Davide
16.30-17.00	GAG	Energy	Sabina
17.30-18.00	CX Worx - Addominali	Energy	Pietro
18.15-18.45	Grit 🔥	Energy	Anna
18.15-19.00	Mobility Class	Conscious	Giancarlo
18.45-19.10	Body Tone 😊 NEW	Energy	Anna
19.00-19.30	Body Balance	Conscious	Benedetta
19.00-19.55	Indoor Cycle* 🔥	Vitality	Silvia
19.15-20.00	Zumba	Energy	Laura
19.20-20.00	Omnia Group	Omnia	Anna
19.35-20.30	Matwork Pilates 😊	Conscious	Carlotta
20.05-20.35	CX Worx - Addominali	Conscious	Benedetta
20.05-20.35	Sprint - Interval Training* 🔥	Vitality	Anna
20.40-21.35	Hatha Yoga	Conscious	Stella
20.45-21.30	Indoor Walking*	Vitality	Carlotta
20.45-21.45	Body Pump	Energy	Davide

GIOVEDÌ

ORA	ATTIVITÀ	SALA	TRAINER
08.00-08.45	Get Cross	Energy	Luca D.
08.15-09.00	Cardio Training	Vitality	Simone
09.00-09.30	Body Balance	Conscious	Alice
09.30-10.15	Matwork Pilates 😊	Conscious	Daniela
09.30-10.25	Danza Africana	Vitality	Alice
09.30-10.30	Body Pump	Energy	Simone
10.00-10.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
10.30-11.15	Reformer Pilates*	Conscious	Alice
10.40-11.10	Addominali	Energy	Simone
11.15-12.00	Power Tone	Energy	Carlotta
11.30-12.25	Pancafit*	Conscious	Alice
12.00-12.30	Stretching Posturale	Energy	Benedetta
12.00-12.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
12.30-13.00	Body Balance	Energy	Alice
13.00-13.55	Hatha Yoga	Conscious	Karin
13.00-14.00	Indoor Cycle* 🔥	Vitality	Silvio
13.05-13.55	Total Body Workout	Energy	Angela
14.00-14.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
14.00-14.45	Pancafit*	Conscious	Karin
15.00-15.45	Body Balance	Energy	Benedetta
15.00-18.00	Gioca Gym	Vitality	Gemma
15.50-16.20	Addominali	Energy	Benedetta
16.00-16.45	Reformer Pilates*	Conscious	Karin
17.00-17.45	Functional Training	Area Funzionale	Luca
17.00-17.45	Pancafit*	Conscious	Karin
17.30-18.00	Gambe e Glutei	Energy	Claudia
18.00-18.30	CX Worx - Addominali	Energy	Claudia
18.00-19.00	Gioca Gym	Conscious	Gemma
18.35-19.30	Indoor Walking*	Vitality	Claudia
18.40-19.25	Total Body Workout	Energy	Marco
19.00-19.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
19.05-19.50	Vinyasa Yoga	Conscious	Karin
19.30-20.30	Body Pump	Energy	Marco
19.45-20.15	Grit 🔥	Vitality	Luca
20.00-20.45	Reformer Pilates*	Conscious	Karin
20.20-21.00	TRX Circuit	Vitality	Luca
20.30-21.15	Functional Training	Area Funzionale	Davide
20.40-21.10	Boxe Circuit intro	Energy	Marco/Julien
20.50-21.35	Pancafit*	Conscious	Karin
21.00-21.30	Addominali	Vitality	Luca
21.10-22.10	Boxe Circuit	Energy	Marco/Julien

VENERDÌ

ORA	ATTIVITÀ	SALA	TRAINER
09.30-10.00	Impacto Training NEW	Vitality	Luca
09.30-10.00	Stretching	Energy	Maryl
10.00-10.30	Get Dance	Energy	Maryl
10.00-10.30	Addominali	Vitality	Luca
10.30-11.15	Reformer Pilates*	Conscious	Silvia
10.35-11.25	Cardio & Tone	Vitality	Angela
10.35-11.30	Stretching Posturale	Energy	Maryl
11.00-11.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
11.30-12.15	Matwork Pilates 😊	Vitality	Daniela
11.30-12.15	Reformer Pilates*	Conscious	Silvia
11.40-12.10	CX Worx - Addominali	Energy	Maryl
12.15-13.00	Body Balance	Energy	Maryl
12.20-13.00	TRX Circuit	Vitality	Luca
13.00-13.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
13.00-13.45	Postural Tone	Conscious	Silvia
13.05-14.00	Zumba	Vitality	Elisa
13.10-13.55	Body Pump Express	Energy	Simone
14.00-14.30	CX Worx - Addominali	Energy	Pietro
14.30-15.00	Play Omnia/Omnia Group 😊	Omnia	Rotazione
15.00-15.55	Zumba	Energy	Elisa
16.00-16.30	Impacto Training NEW	Area Funzionale	Simone
16.00-16.55	Matwork Pilates 😊	Energy	Marisa
17.30-18.00	Play Omnia/Omnia Group 😊	Omnia	Rotazione
17.30-18.15	Training Olistico NEW	Energy	Marisa
18.00-21.45	Gioca Gym	Conscious	Gemma
18.05-18.35	TRX Circuit	Vitality	Simone
18.20-19.15	Hatha Yoga	Energy	Marisa
18.40-19.10	CX Worx - Addominali	Vitality	Simone
19.20-20.05	Matwork Pilates 😊	Vitality	Marisa
19.25-20.10	Functional Training	Energy	Nicolò
20.00-20.30	Play Omnia/Omnia Group 😊	Omnia	Rotazione
20.35-21.20	Get Cross	Vitality	Luca D.
20.40-21.35	Tango Argentino	Energy	Enrico

ATTIVITÀ IN ACQUA

GIORNO	ORA	ATTIVITÀ	TRAINER
LUNEDÌ	07.30-08.15	Hydrobike*	Maria Chiara
	09.15-10.00	Acquagym	Silvia
	11.15-12.00	Acquagym	Maria Chiara
	13.00-13.45	Hydrobike*	Maria Chiara
	17.00-19.15	CORSI KIDS	
	19.20-20.05	Acquagym	Gabriele
20.30-21.15	Hydrobike*	Gabriele	
MARTEDÌ	10.00-10.45	Acquagym	Isabella
	11.15-12.00	Hydrobike*	Isabella
	13.15-14.00	Acquagym	Isabella
	17.00-19.15	CORSI KIDS	
	19.40-20.25	Acquagym	Enrica
MERCOLEDÌ	08.00-08.45	Acquagym	Stefano
	10.30-11.15	Acquagym	Stefano
	13.00-13.45	Hydrobike*	Stefano
	16.15-19.15	CORSI KIDS	
	19.30-20.15	Hydrobike*	Maria Chiara
	20.30-21.15	Acquagym	Maria Chiara
GIOVEDÌ	07.30-08.15	Hydrobike*	Stefano
	09.15-10.00	Acquagym	Stefano
	11.15-12.00	Acquagym	Stefano
	13.15-14.00	Hydrobike*	Stefano
	17.00-19.15	CORSI KIDS	
	20.30-21.30	Acquamix*	Isabella
VENERDÌ	09.30-10.15	Acquagym	Silvia
	13.00-13.45	Acquagym	Maria Chiara
	16.15-19.15	CORSI KIDS	
SABATO	10.15-13.15	CORSI KIDS	
	14.00-14.45	Acquagym	Maria Chiara
	16.00-17.30	CORSI KIDS	
DOMENICA	10.45-11.30	Acquagym	Stefano
	11.45-12.30	Acquagym	Stefano
	13.00-13.45	Hydrobike*	Stefano

Per esigenze organizzative il club si riserva la facoltà di modificare gli orari di apertura e chiusura del centro, la programmazione delle attività di gruppo e quella degli istruttori.

ORARIO RIDOTTO
ATTIVITÀ DI GRUPPO: 1-31 luglio 2019

SOSPENSIONI
ATTIVITÀ DI GRUPPO: 6 gennaio 2019
 21-22 aprile 2019
 25 aprile 2019
 1 maggio 2019
 2 giugno 2019
 1-31 agosto 2019

ORARIO DEL CLUB: lunedì-giovedì 07.00-23.00
 venerdì 09.00-23.00
 sabato-domenica 10.00-19.00

LEGENDA

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