

PLANNING CORSI ADULTI DAL 4 SETTEMBRE 2017



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
07.15-08.15 Morning Indoor Cycling Jarno, Sala Spinning ✓ €	07.15-08.15 Early Morning Indoor Cycling Antonio, Sala Spinning ✓ €	08.00-08.30 Zumba Fitness Davide M., Sala 1	07.15-08.15 Functional Cross Training Samuele, Sala 1/Parco Harbour Challenge NEW	07.15-08.15 Early Morning Indoor Cycling Antonio, Studio Spinning ✓ €	10.30-11.30 Power Pilates Lisa, Sala 1 NEW	11.00-11.50 Aquagym: Basic Gym Francesca, Piscina
09.00-09.55 Yogilates Elena, Sala 1	09.00-10.00 Early Stretch Luca, Sala 1	08.30-09.00 Pit Stop Braccia/ABS Davide M., Sala 1	09.00-10.00 RPM Rilassamento Maria, Luisa, Sala 2 Muscolare Progressivo	09.00-09.45 GAG Davide R., Sala 1	11.30-12.30 Total Tone Lisa, Sala 1 NEW	11.05-11.50 Tabata pro funtional, Zuu, Franscine, Sala 1, Circuit Training
10.00-10.15 Fit Point Abs Franscine, Sala 1	09.30-10.55 Astanga Yoga Luca, Sala 2	09.00-09.55 Retro Aerobica Luca, Sala 1	09.00-10.00 Early Stretch Luca, Sala 1	09.00-09.55 Pilates Mat Work Elena, Campo 5 Tennis/Sala2	12.00-12.50 Aquagym Total Active Gym Andrea, Piscina	12.00-13.00 Indoor Cycling A rotazione, Studio Spinning
10.00-10.50 Aquagym: Aqua Tone Andrea, Piscina	10.00-11.00 TRX Gruppo Samuele, Sala Antigravity	09.30-10.55 Hatha Yoga Barbara, Sala 2	09.30-10.55 Vinyasa Flow Yoga Barbara, Sala Antigravity	09.45-11.15 Flash Dance Davide R., Sala 1 NEW	12.00-13.00 Indoor Cycling A rotazione, Studio Spinning	12.05-13.05 Warrior Insanity Training Franscine, Sala 1, con uso Tabata
10.00-10.55 Tai Chi Chuan Bastoni Giacinto, Sala 2	10.00-11.00 Ginnastica Dolce Luca, Sala 1	10.00-10.55 GAG Davide M., Sala 1	10.00-11.00 Ginnastica Dolce Luca, Sala 1	10.00-10.45 Antigravity Yoga Elena, Sala Antigravity	12.30-13.30 Pilates Mat Work Posturale Lisa, Sala 1 NEW	15.00-16.00 Watfit Conditioning Federica, Piscina
10.00-11.55 Antigravity Yoga Elena, Sala Antigravity	11.00-11.55 Pilates Mat Work Maria Luisa, Sala 1	10.00-11.00 Pilates Mat Work Cardiolates Nausicaa, Sala Antigravity Circuit Training	10.00-10.55 Mobilizer Bands & Balls Franscine, Sala 2	10.00-10.55 Tai Chi Chuan Giacinto, Sala 2	15.30-16.15 Beat IT/ Sparring Ball Superman, Sala 1	16.00-16.45 Zumba Davide R., Sala 1
10.15-11.00 Advanced Dance Fusion Franscine, Sala 1	11.00-11.50 Aquagym: Gym Tonic Andrea, Piscina	11.00-11.50 Aquagym: Fat Killer Francesca, Piscina	11.00-11.15 Stretch Fusion Franscine, Sala 1	10.45-11.30 Antigravity Yoga Elena, Sala Antigravity	16.15-17.00 Step dance Superman, Sala 1	16.45-17.30 Total Tone Davide R., Sala 1 NEW
11.00-11.55 Advanced New You Franscine, Sala 1	11.00-12.00 TRX Gruppo Samuele, Sala Antigravity	11.00-11.55 Pilates Matwork Nausicaa, Sala 1	11.00-11.50 Aquagym: Total Active Gym Elena, Piscina	11.00-12.15 Flow & Restorative Yoga Leo, Sala 1 NEW	17.00-17.45 Zumba Family Leo, Sala 1	17.30-18.15 Kick Butt Ballet Barre Davide R., Sala 1 NEW
12.00-12.50 Aquagym: Aqua Tone Paolo, Piscina	11.00-12.00 Metodo Feldenkrais Luca, Sala 2	12.00-12.50 Boxing Splash Paolo, Piscina	11.00-12.00 Metodo Feldenkrais Luca, Sala 2	11.00-11.50 Aquagym: Total Active Gym Elena, Piscina	17.00-18.30 Hatha Yoga Giorgio, Sala 2 (Max 12 Persone)	
12.00-12.55 Jamaican Jam Dance Superman, Sala 1	12.00-12.55 Retro Aerobica Massimo, Sala 1	12.00-13.00 Pilates Mat Work Cardiolates Nausicaa, Sala Antigravity Circuit Training	11.15-12.00 Kick Butt Ballet Franscine, Sala 1 Barre Exercise NEW	11.15-12.00 Stretching Davide R., Sala 1	17.45-18.30 Hip Hop Easy Leo, Sala 1	
12.00-13.30 Indoor Cycling Peppe, Sala Spinning ✓ €	12.00-13.00 Metodo Feldenkrais Luca, Sala 2	12.00-13.30 Line Dance Silvia, Sala 1 OPEN	11.30-12.30 TRX Gruppo Michele, Sala Antigravity NEW	12.00-12.55 Jamaican Jam dance Superman, Sala 1		
13.00-13.55 Power Step Dance & Tone Superman, Sala 1	13.00-13.55 Indoor Cycling Pietro, Sala Spinning ✓ €	13.00-14.00 Indoor Cycling Antonio, Sala Spinning ✓ €	12.00-12.50 Watfit Conditioning Elena, Piscina	13.00-13.55 Step Dance & ABS Superman, Sala 1		
14.30-15.00 Pit Stop Aereo con Braccia Michele, Sala 1	13.00-13.55 GAG Massimo, Sala 1	13.30-14.30 Tribal Fit Boxe Michele, Sala 1 NEW	12.00-12.55 Zumba Yram, Sala 1	17.00-17.30 Pit Stop Aero Michele, Sala 1 (Max 12 Persone)		
15.00-15.30 Pit Stop Posturale Michele, Sala 1 NEW	16.00-17.00 20/20/20 Taster Andrea, Sala 1	14.30-15.30 BTS (Bicipiti, Tricipiti, Spalle) Michele, Sala 1 NEW	12.00-13.00 Metodo Feldenkrais Luca, Sala 2	17.30-18.00 Pit Stop Braccia Michele, Sala 1		
15.30-16.00 Pit Stop GAG Michele, Sala 1	16.00-18.00 Corso Golf Ragazzi Luciano, Campo Golf (6-16 Anni)	18.00-19.00 TRX Power Michele, Sala Antigravity	13.00-13.55 Indoor Cycling Pietro, Sala Spinning ✓ €	18.00-18.45 GAG a Terra Michele, Sala 1		
16.00-16.30 GAG a Terra Michele, Sala 1	17.00-17.30 Pit Stop Butt Buster Andrea, Sala 1	18.00-19.30 Pallanuoto Eduardo, Stephane, Piscina (12-17 Anni) €	13.00-13.55 Burn It Up - Brucia i Grassi Yram, Sala 1	18.30-20.30 Master Indoor Cycling Jarno, Sala Spinning ✓ €		
17.00-18.00 Pilates Mat Work Shared Class Elena, Sala Antigravity	17.00-18.00 Teen Cardio TRX Samuele, Sala Antigravity (13-17 Anni)	18.30-19.15 20/20/5 Taster Davide R., Sala 1	16.00-18.00 Corso Golf Ragazzi Luciano, Campo Golf (6-16 Anni)	18.45-19.00 Pit Stop ABS Michele, Sala 1		
18.00-19.30 Pallanuoto Eduardo, Paolo, Piscina (12-17 Anni) €	17.30-18.00 Pit Stop Braccia/Interval Training Andrea, Sala 1	19.00-20.00 Power Cross Training Michele, Sala 2	17.00-18.00 Power Cross Fit Teens Samuele, Sala Antigravity (11-18 Anni) NEW	19.00-19.50 Aquagym Total Active Gym Federica, Piscina		
18.00-18.55 Antigravity Yoga Elena, Sala Antigravity	18.00-18.30 Pit Stop GAG Andrea, Sala 1	19.00-20.00 Antigravity Yoga Serena, Sala Antigravity	17.30-18.30 Hip Hop Fusion Franscine, Sala 1 (11-15 Anni) €	19.00-20.00 Combat Sport Daniele, Sala 1		
18.30-19.30 Push Power Michele, Sala 1	18.30-19.00 Pit Stop ABS Andrea, Sala 1 NEW	19.30-20.20 Aquagym: Aqua Tone Elena, Piscina	18.30-19.15 Jamaican Jam Mix It Up Superman, Sala 1 (Dance Step)			
19.00-20.00 Qi Gong Stefano, Sala 2 NEW	18.30-19.30 Indoor Cycling Jarno, Sala Spinning ✓ €	19.15-20.30 Flash Dance Davide R., Sala 1 NEW	19.00-20.00 Allenamento Ciclistico Gian Luca, Antonio, Sala Spinning ✓ €			
19.00-20.00 Antigravity Yoga Elena, Sala Antigravity	19.00-20.00 Beach Body Stefano, Sala 1	20.15-21.15 Pilates Mat Work Francesca, Sala 2	19.15-20.00 Drumstick Fitness Superman, Sala 1 NEW			
19.30-20.20 Aquagym: Aqua Tone Francesca, Piscina	19.30-20.20 Watfit Flexibility Pier, Piscina	20.30-22.00 Hatha Yoga di Mysore Luca, Sala 1	19.30-20.20 Harbour Functional Water - HFW Edo, Piscina			
19.30-20.30 Power Cross Training Michele, Sala 1	19.45-20.45 Indoor Cycling Jarno, Sala Spinning	20.30-22.30 Scuba Diving Diego, Piscina (dai 16 anni) €	20.00-21.00 Functional Circuit Training Alessandro, Sala 1 NEW			
20.30-22.00 Ashtanga Yoga Luca, Sala 1	20.30-22.30 Corso Nuoto Adulti Pier, Piscina (dai 16 Anni) €		20.30-22.30 Corso Nuoto Adulti Pier, Piscina (dai 16 Anni) €			
	20.30-22.30 Corso Nuoto Master Diego, Piscina €		20.30-22.30 Corso Nuoto Master Diego, Piscina (dai 16 Anni) €			



Aperto Lun-Ven 9.00-12.00 16.00 - 18.00
Sab-Dom 10.00-18.00



OPEN Aperto anche agli Amici di Soci (a pagamento)

NEW Nuovo corso

✓ Necessaria prenotazione in Reception