

Orario Adulti 2019-2020

Attività sportive di ginnastica finalizzate alla salute e fitness e attività ginnico motorie acquatiche applicative alle discipline del nuoto

ORARI CORSI	LUNEDÌ	ORARI CORSI	MARTEDÌ	ORARI CORSI	MERCOLEDÌ	ORARI CORSI	GIOVEDÌ	ORARI CORSI	VENERDÌ	dal lun al ven		ORARI CORSI	SABATO																						
8:00	GROUP CYCLE®*	8:30	POWER DANCE*	8:00	GROUP CYCLE®*	8:30	POWER DANCE*	8:00	GROUP CYCLE®*	07:00	07:00	9:00	GROUP CYCLE®*	07:00	07:00																				
8:40	AQUA TONE*	10:30	FUNCTIONAL TONE*	8:40	HYDROBIKE*	10:30	FUNCTIONAL TONE*	8:20	AQUA GAG*			9:30	POWER DANCE*	11:00	11:00	11:00	11:00																		
9:00	BODY SCULPT*	11:00	YOGA*	9:00	BODY SCULPT*	11:00	YOGA*	9:00	BODY SCULPT*			12:30	POWER BODY SYSTEM®*					12:30	12:30	12:30	12:30														
11:00	PILATES*	12:20	AQUA DISTRICT*	11:00	PILATES*	12:20	AQUA DISTRICT*	11:30	POSTURAL TRAINING*			12:30	AQUA FREESTYLE*									13:00	13:00	13:00	13:00										
13:00	GINNASTICA IN ACQUA*	13:30	CARDIO TRAINING*	13:00	AQUA FITNESS*	13:30	CARDIO TRAINING*	13:00	AQUA FITNESS*			13:15	13:15													13:15	13:15	13:15	13:15						
13:15	TRX*			13:15	XSTAMINA TRAINING®*		GROUP CYCLE®*	13:15	TRX*																					14:30	14:30	14:30	14:30	14:30	14:30
13:30	GROUP CYCLE®*																																		
18:00	TOTAL BODY CONDITIONING*	18:30	POWER BODY SYSTEM®*	18:00	TOTAL BODY*	18:30	POWER BODY SYSTEM®*	18:00	TOTAL BODY CONDITIONING*	14:30	14:30	10:00	FITNESS*	09:00	09:00																				
18:30	VINYASA HATHA YOGA*	19:20	GINNASTICA IN ACQUA*	18:30	VINYASA HATHA YOGA*	19:20	GINNASTICA IN ACQUA*	19:15	TRX*			10:30				GINNASTICA IN ACQUA*	13:00	13:00	13:00	13:00															
19:15	TRX*	19:30	GROUP CYCLE®*	19:15	XSTAMINA TRAINING®*	19:30	GROUP CYCLE®*	19:20	AQUA CIRCUIT*																										
19:20	AQUA GAG*	20:00	XSTAMINA TRAINING®*	19:20	AQUA FITNESS*	20:00	XSTAMINA TRAINING®*	19:30	BODY SCULPT*			22:00	22:00																						
19:30	BODY SCULPT*		PILATES*	19:45	GROUP CYCLE®*		PILATES*	19:45	GROUP CYCLE®*																										
19:45	GROUP CYCLE®*																																		

*Attività su prenotazione obbligatoria tramite App Cristo Re

Turni prestabiliti in sala Cardio Fitness di 80' ciascuno

Turni prestabiliti in vasca di 50' ciascuno

 Sala A

 Sala B

 Sala C

 Vasca

 Outdoor

 Sala Cardio Fitness