

SALA PESI

LUN	MAR	MER	GIO	VEN	SAB	DOM
07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 22:00	07:00 - 21:30	09:00 - 18:00	09:00 - 13:00

OLISTICO

LUN	MAR	MER	GIO	VEN
-	PILATES FUSION 9:00	-	PILATES FUSION 9:00	-
-	PILATES FUSION 10:00	-	PILATES FUSION 10:00	-
PILATES FUSION 12:40	YOGA DYNAMIC 12:40	LES MILLS PILATES 12:40	-	YOGA DYNAMIC 12:40
-	PILATES 12:50	-	PILATES 12:50	PILATES FUSION 12:40
GROUP REFORMER 17:00	PILATES SLIDE 17:00	WALL PILATES 17:00	PILATES FUSION 17:00	PILATES FUSION 17:00
YOGA DYNAMIC BASE 17:00	YOGA DYNAMIC AVANZATO 17:30	YOGA AEREO 17:00	LES MILLS PILATES 17:00	YOGA DYNAMIC BASE 17:30
PILATES BASE 18:00	PILATES FUSION 18:00	PILATES BASE 18:00	GROUP REFORMER 18:00	WALL PILATES 18:00
YOGA AEREO 18:00	-	-	PILATES AEREO 18:00	-
PILATES AVANZATO 19:00	WALL PILATES 19:00	PILATES AVANZATO 19:00	YOGA DYNAMIC AVANZATO 19:00	-
-	PILATES AEREO 19:00	-	-	-

MOBILITA' E BENESSERE

LUN	MAR	MER	GIO	VEN
FITNESS MOBILITY 9:30	-	GINNASTICA DOLCE 9:30	-	FITNESS MOBILITY 9:30
-	LONGEVITY 16:00	-	LONGEVITY 16:00	-

AREA DANZA AOSTA - ADULTI

LUN	MAR	MER	GIO	VEN
-	MODERN ADULTI 10:00	-	MODERN ADULTI 10:00	-
FITBARRE 19:30	DANZA FIT 19:30	-	FITBARRE 19:30	DANZA FIT 19:30

AEROBICO

LUN	MAR	MER	GIO	VEN
FIT&BOXE 12:40	-	ZUMBA 12:40	-	FIT&BOXE 12:40

ZUMBA 17:00	-	-	POUND 17:00	-
FIT&BOXE 18:00	STEP COREO 18:00	FIT&BOXE 18:00	STEP COREO 18:00	FIT&BOXE 17:30
-	-	ZUMBA 19:00	-	-
-	POUND 20:00	-	-	-

LUN	MAR	MER	GIO	VEN
-	GROUP CYCLING 8:00	-	GROUP CYCLING 8:00	-

-	-	-	GROUP CYCLING 10:30	-
GROUP CYCLING 12:50	TREKKMILL 12:50	GROUP CYCLING 12:50	TREKKMILL 12:50	GROUP CYCLING 12:50
TREKKMILL 17:00	-	TREKKMILL 17:00	-	TREKKMILL* 17:00
DOUBBLEX 18:00	GROUP CYCLING** 18:00	GROUP CYCLING 18:00	TREKKMILL 18:00	GROUP CYCLING** 18:00
GROUP CYCLING 19:00	TREKKVITAE 19:00	TREKKMILL 19:00	GROUP CYCLING 19:00	GROUP CYCLING 19:00
GROUP CYCLING 20:00	DOUBBLEX 20:00	GROUP CYCLING 20:00	CYCLEX/ TREKKVITAE 20:00	-

SAB	DOM
DOUBBLEX 10:30	DOUBBLEX 10:30

*DAL 16 OTTOBRE IL CORSO VERRÀ ANTICIPATO ALLE 16:30
**DAL 13 OTTOBRE IL CORSO VERRÀ SOSTITUITO DA ROTOPRESS ALLE 17:30

ATTIVITA' PER RAGAZZI (12-16 anni)

LUN	MAR	MER	GIO	VEN
BODY STEP 16:00	ZUMBA 16:00	-	FITBOXE 16:00	POUND 16:00

LEGENDA

ATTIVITÀ SPORTIVA GINNASTICA FINALIZZATA ALLA SALUTE ED AL FITNESS (BI001): FITNESS MOBILITY, FIT&BOXE, KETTLEBELL, HYROX, PILATES, WALL PILATES, OMNIA, BODY STEP, BODY PUMP, CROSS CARDIO, CROSS TRAINING, SPARTAN TRAINING, YOGA DYNAMIC, TREKKMILL, TREKKVITAE
GINNASTICA PER TUTTI (BI005): GINNASTICA DOLCE
PESISTICA/CULTURA FISICA (CK009): SALA PESI, ATTIVITÀ DI PERSONAL TRAINING
DANZA SPORTIVA (BC002): DANZE ACCADEMICHE - DANZA MODERNA E CONTEMPORANEA
DANZA SPORTIVA(BC003): DANZA CLASSICA
CICLISMO (AX010): CYCLEX, DOUBBLEX, GROUP CYCLING*

AEROBICO-FUNZIONALE

LUN	MAR	MER	GIO	VEN
-	CROSS CARDIO 12:40	-	CROSS CARDIO 12:40	-

-	-	LES MILLS CEREMONY HYROX 18:00	-	LES MILLS CEREMONY HYROX 17:30
-	-	TOTAL BODY WORKOUT AEREO 18:00	-	-
LES MILLS BODY PUMP 19:00	CROSS CARDIO 19:00	-	LES MILLS BODY PUMP 19:00	LES MILLS BODY STEP 18:30
TOTAL BODY WORKOUT AEREO 19:00	-	-	-	-
CROSS CARDIO 20:00	-	LES MILLS BODY PUMP 20:00	CROSS CARDIO 20:00	-

FUNZIONALE

LUN	MAR	MER	GIO	VEN
HYROX 12:40	CROSS TRAINING 12:40	KETTLEBELL 12:40	CROSS TRAINING 12:40	HYROX 12:40
KETTLEBELL 13:40	SPARTAN TRAINING 13:40	-	-	SPARTAN TRAINING 13:40
SPARTAN TRAINING 17:00	ANIMAL FLOW 17:00	CROSS TRAINING 17:00	LES MILLS CEREMONY HYROX MAX 17:00	-
HYROX 18:00	CROSS TRAINING 18:00	-	CROSS TRAINING 18:00	ANIMAL FLOW 18:30
KETTLEBELL 19:00	HYROX 19:00	KETTLEBELL 19:00	SPARTAN TRAINING 19:00	CROSS TRAINING 19:30
CROSS TRAINING 20:00	SPARTAN TRAINING 20:00	CROSS TRAINING 20:00	HYROX 20:00	-

AREA DANZA AOSTA - GIOVANI

LUN	MAR	MER	GIO	VEN
-	-	AVVIO ALLA DANZA 15:00	-	-
-	-	PRE ACCADEMICO 1 16:00	-	-
PRIMARY BALLET 17:00	PRE ACCADEMICO 1 17:00	PRE ACCADEMICO 2 17:00	PRIMARY BALLET 17:00	PRE ACCADEMICO 1 17:00
PRE ACCADEMICO 2 18:00	ACCADEMICO 18:00	ACCADEMICO 18:30	PRE ACCADEMICO 2 18:00	ACCADEMICO 18:00