

**FITNESS DI SALA STAGIONE 25-26**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
		<b>POSTURAL FIT</b> 8:00-8:50		<b>ARMO &amp; POST</b> 8:45-9:35	
<b>ARMO &amp; POST</b> 8:45-9:35	<b>MOBILITY</b> 09:00-10:00	<b>FUNZIONALE</b> 09:00-10:00	<b>FITBALL</b> 09:00-10:00	<b>TOTALBODY</b> 9:00-10:00	<b>FUNZIONALE</b> 09:00-10:00
<b>TOTALBODY</b> 9:00-10:00	<b>INTENSIVE T.B.</b> 09:00-10:00	<b>FIT PILATES</b> 09:00-10:00	<b>INTENSIVE T.B.</b> 09:00-10:00	<b>FIT PILATES</b> 10:00-11:00	<b>FIT PILATES</b> 09:10-10:10
<b>FIT PILATES</b> 10:00-11:00	<b>POSTURAL FIT</b> 10:00-11:00	<b>POWER GLUTES</b> 10:00-11:00	<b>POSTURAL FIT</b> 10:00-11:00	<b>WBS</b> 11:00-11:50	<b>POWER GLUTES</b> 10:00-11:00
<b>WBS</b> 11:00-11:50					
<b>TOTALBODY</b> 13:40-14:40	<b>ZUMBA FIT</b> 13:30-14:30	<b>TOTALBODY</b> 13:40-14:40	<b>ZUMBA FIT</b> 13:30-14:30	<b>TOTALBODY</b> 13:40-14:40	<b>TOTALBODY</b> 10:10-11:10
<b>TOTALBODY</b> 17:00-18:00	<b>FIT PILATES</b> 16:00-17:00	<b>TOTALBODY</b> 17:00-18:00	<b>FIT PILATES</b> 16:00-17:00	<b>INTENSIVE T.B.</b> 17:15-18:00	
<b>POSTURAL-PILAFIT</b> 17:00-18:00	<b>YOPIDA</b> 17:00-18:00	<b>POSTURAL-PILAFIT</b> 17:20-18:20	<b>YOPIDA</b> 17:00-18:00	<b>POSTURAL-PILAFIT</b> 17:00-18:00	
<b>FUNZIONALE</b> 18:10-19:10	<b>PUMPBLAST</b> 18:00-18:50	<b>FUNZIONALE</b> 18:10-19:10	<b>PUMPBLAST</b> 18:00-18:50	<b>FUNZIONALE</b> 18:00-19:00	
<b>YOGA FIT</b> 18:30-19:30	<b>FITBALL</b> 18:10-19:10	<b>MOBILITY</b> 18:30-19:30	<b>FITBALL</b> 18:10-19:10	<b>POSTURALFIT</b> 18:30-19:30	
<b>MACUMBA</b> 19:20-20:20	<b>SUPERJUMP</b> 18:50-19:40	<b>MACUMBA</b> 19:20-20:20	<b>SUPERJUMP</b> 18:50-19:40	<b>MACUMBA</b> 19:20-20:20	
<b>WBS</b> 19:30-20:20	<b>POSTURAL FIT</b> 19:10-20:10	<b>WBS</b> 19:30-20:20	<b>POSTURAL FIT</b> 19:10-20:10	<b>WBS</b> 19:30-20:20	
<b>TABATA</b> 19:30-20:20	<b>TOTALBODY</b> 19:40-20:40	<b>TABATA</b> 19:30-20:20	<b>TOTALBODY</b> 19:40-20:40	<b>TABATA</b> 19:30-20:20	
<b>PRE-BOXE</b> 20:20-21:20	<b>INTENSIVE T.B.</b> 20:10-21:10	<b>PRE-BOXE</b> 20:20-21:20	<b>INTENSIVE T.B.</b> 20:10-21:10	<b>PRE-BOXE</b> 20:20-21:20	
<b>FIT PILATES</b> 20:20-21:20		<b>YOGA FIT</b> 20:20-21:20		<b>FIT PILATES</b> 20:20-21:20	

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE GLI ORARI, GLI SPAZI E LA PROGRAMMAZIONE DELLE LEZIONI E QUELLA DEGLI ISTRUTTORI

**FITNESS DI ACQUA STAGIONE 25-26**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
<b>ACQUAGYM</b> 09:00-09:50	<b>ACQUABIKE</b> 09:00-09:50	<b>ACQUAGYM</b> 09:00-09:50	<b>ACQUAGYM</b> 09:00-09:50	<b>ACQUABIKE</b> 09:00-09:50	
<b>ACQUABIKE</b> 10:00-10:50	<b>ACQUAGYM</b> 10:00-10:50	<b>ACQUABIKE</b> 10:00-10:50	<b>ACQUAGYM</b> 10:00-10:50	<b>ACQUAGYM</b> 10:00-10:50	<b>ACQUAGYM V.G</b> 11:00-11:50
<b>ACQUASOFT</b> 11:00-11:50		<b>ACQUASOFT</b> 11:00-11:50		<b>ACQUASOFT</b> 11:00-11:50	
<b>ACQUAGYM</b> 13:30-14:20	<b>ACQUABIKE</b> 13:50-14:40	<b>ACQUAGYM</b> 13:30-14:20	<b>ACQUABIKE</b> 13:50-14:40	<b>ACQUAGYM</b> 13:30-14:20	
<b>ACQUAGYM</b> 18:30-19:20	<b>ACQUAGYM V.G</b> 18:00-19:00	<b>ACQUABIKE</b> 18:30-19:20	<b>ACQUAGYM</b> 18:30-19:20	<b>ACQUAGYM V.G</b> 18:00-19:00	
<b>ACQUAGYM</b> 19:20-20:10	<b>ACQUABIKE</b> 19:10-20:00	<b>ACQUAGYM</b> 19:20-20:10	<b>ACQUABIKE</b> 19:20-20:10	<b>ACQUAGYM</b> 19:10-20:00	
	<b>ACQUATABATA</b> 20:00-20:50		<b>ACQUA-CIRCUIT</b> 20:10-21:00	<b>ACQUATABATA</b> 20:00-20:50	

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE GLI ORARI, GLI SPAZI E LA PROGRAMMAZIONE DELLE LEZIONI E QUELLA DEGLI ISTRUTTORI

**SCUOLA NUOTO ADULTI - PLUS STAGIONE 25-26**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00		PLUS ADVANCE 07:10-08:00	
PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS ADVANCE 09:00-09:50	PLUS START 09:00-09:50	PLUS ADVANCE 09:10-10:00
PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	PLUS START 10:00-10:50	PLUS START 10:00-10:50	PLUS ADVANCE 10:00-10:50	
PLUS ADVANCE 11:00-11:50				PLUS ADVANCE 11:00-11:50	
PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS START 13:10-14:00	PLUS ADVANCE 13:10-14:00	PLUS ADVANCE 13:10-14:00
PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00	PLUS ADVANCE 14:10-15:00	PLUS START 14:10-15:00	PLUS START 14:10-15:00
PLUS ADVANCE 15:50-16:40		PLUS START 15:30-16:20	PLUS ADVANCE 15:50-16:40		
PLUS ADVANCE 18:30-19:20		PLUS ADVANCE 18:30-19:20	PLUS ADVANCE 18:30-19:20		PLUS ADVANCE 18:00-18:50
PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	PLUS ADVANCE 19:30-20:20	
PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	PLUS START 19:30-20:20	
PLUS ADVANCE 20:20-21:10			PLUS ADVANCE 20:20-21:10		
PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	PLUS START 20:20-21:10	

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE GLI ORARI, GLI SPAZI E LA PROGRAMMAZIONE DELLE LEZIONI E QUELLA DEGLI ISTRUTTORI

**NUOTO LIBERO - STAGIONE 25-26**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
07:00 - 15:00 3 CORSIE	08:30 - 11:00 3 CORSIE	07:00 - 10:00 3 CORSIE	08:30 - 10:00 3 CORSIE	07:00 - 14:00 3 CORSIE	09:00 - 11:00 3 CORSIE
15:00 - 15:50 2 CORSIE	11:00 - 15:00 4 CORSIE	10:00 - 13:00 4 CORSIE	10:00 - 14:00 4 CORSIE	14:00 - 15:00 4 CORSIE	11:00 - 12:00 2 CORSIE
15:50 - 17:50 1 CORSIA	15:00 - 17:00 1 CORSIA	13:00 - 15:00 3 CORSIE	14:00 - 15:00 3 CORSIE	15:00 - 17:00 1 CORSIA	12:00 - 14:00 3 CORSIE
17:50 - 18:30 2 CORSIE	17:00 - 18:00 1 CORSIE	15:00 - 18:30 2 CORSIE	15:00 - 15:50 2 CORSIE	17:00 - 18:00 3 CORSIE	14:00 - 16:00 2 CORSIE
18:30 - 21:30 3 CORSIE	18:00 - 19:00 2 CORSIE	18:30 - 20:20 3 CORSIE	15:50 - 17:50 1 CORSIA	18:00 - 19:00 2 CORSIE	16:00 - 18:00 4 CORSIE
	19:00 - 20:00 3 CORSIE	20:20 - 21:30 4 CORSIE	17:50 - 18:30 2 CORSIE	19:00 - 20:00 3 CORSIE	18:00 - 19:00 3 CORSIE
	20:00 - 20:20 1 CORSIA		18:30 - 21:30 3 CORSIE	20:00 - 20:20 1 CORSIA	
	20:20 - 21:30 2 CORSIE			20:20 - 21:30 2 CORSIE	

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE GLI ORARI, GLI SPAZI E LA PROGRAMMAZIONE DELLE LEZIONI E QUELLA DEGLI ISTRUTTORI