



ORARI

DAL 07/09/2026 al 30/09/2026

Lunedì

Orario	Corso	Sala
06:00	Cycle Express VIRTUAL	Group Cycle
07:00	Cycle Express VIRTUAL	Group Cycle
08:00	Body Pump	Sala Fitness
08:30	Postural Training	Sala Danza
09:00	Acquagym	Piscina
09:00	Reformer Base	Sala Reformer
09:00	Skill Athletic	Skill Athletic
09:30	Pilates Mat	Sala Danza
10:00	Hydrocircuit	Piscina
10:00	Pilates Mat	Sala Fitness
10:00	Reformer Start	Sala Reformer
10:30	Postural Training	Sala Danza
13:00	Acquagym	Piscina
13:30	Skill Athletic	Skill Athletic
14:00	Hydrocircuit	Piscina
17:00	Baby Dance 3-6	Sala Danza
17:00	Pilates Mat	Sala Fitness
17:00	Reformer Intermedio	Sala Reformer
18:00	Danza Classica 7-10	Sala Danza
18:00	Reformer Base	Sala Reformer
18:00	Les Mills Ceremony	Skill Athletic
18:30	Endurance Ride	Group Cycle
19:00	Modern Dance 7+	Sala Danza
19:00	Total Shape	Sala Fitness
19:00	Reformer Avanzato	Sala Reformer
19:00	Skill Athletic	Skill Athletic
19:15	Acquagym	Piscina
20:00	Krav Maga	Sala Fitness

Martedì

Orario	Corso	Sala
06:00	Cycle Express VIRTUAL	Group Cycle
07:00	Cycle Express VIRTUAL	Group Cycle
07:00	Skill Virtual VIRTUAL	Skill Athletic
08:00	Body Pump	Sala Fitness
08:00	Reformer Base	Sala Reformer
09:00	Group Cycle VIRTUAL	Group Cycle
09:00	Hydrobike	Piscina
09:00	Yoga Flow	Sala Danza
09:00	Reformer Intermedio	Sala Reformer
10:00	Acquagym	Piscina
10:00	Yoga Flow	Sala Danza
13:00	Hydrobike	Piscina
14:00	Acquagym	Piscina
17:00	Postural Training	Sala Fitness
17:30	Evergreen Strength	Sala Danza
18:00	Pilates Mat	Sala Fitness
18:00	Reformer Avanzato	Sala Reformer
18:30	Hills & Power	Group Cycle
18:30	Pilates Fusion	Sala Danza
19:00	Body Pump	Sala Fitness
19:00	Reformer Intermedio	Sala Reformer
19:00	Skill Athletic	Skill Athletic
19:15	Hydrobike	Piscina
20:00	Capoeira	Sala Danza

Mercoledì

Orario	Corso	Sala
06:00	Cycle Express VIRTUAL	Group Cycle
07:00	Cycle Express VIRTUAL	Group Cycle
08:00	BodyAttack	Sala Fitness
08:30	Evergreen Strength	Sala Danza
09:00	Acquagym	Piscina
09:00	Reformer Avanzato	Sala Reformer
09:00	Skill Athletic	Skill Athletic
09:30	Postural Training	Sala Danza
10:00	Hydrobike	Piscina
10:00	Pilates Mat	Sala Fitness
10:30	Evergreen Strength	Sala Danza
13:00	Group Cycle VIRTUAL	Group Cycle
13:00	Hydrocircuit	Piscina
13:30	Skill Express	Skill Athletic
14:00	Hydrobike	Piscina
17:00	Baby Dance 3-6	Sala Danza
17:00	Pilates Mat	Sala Fitness
18:00	Danza Classica 7-10	Sala Danza
18:00	Postural Training	Sala Fitness
18:00	Reformer Start	Sala Reformer
18:00	Les Mills Ceremony	Skill Athletic
18:30	Rhythm Ride	Group Cycle
19:00	Modern Dance 7+	Sala Danza
19:00	Power Sculpt	Sala Fitness
19:00	Reformer Start	Sala Reformer
19:00	Skill Athletic	Skill Athletic
19:15	Hydrocircuit	Piscina
20:00	Krav Maga	Sala Fitness

Giovedì

Orario	Corso	Sala
06:00	Cycle Express VIRTUAL	Group Cycle
07:00	Cycle Express VIRTUAL	Group Cycle
07:00	Skill Virtual VIRTUAL	Skill Athletic
08:00	Pilates Mat	Sala Fitness
08:00	Reformer Base	Sala Reformer
09:00	Group Cycle VIRTUAL	Group Cycle
09:00	Hydrocircuit	Piscina
09:00	Postural Training	Sala Danza
09:00	Reformer Intermedio	Sala Reformer
10:00	Acquagym	Piscina
10:00	Yoga Flow	Sala Danza
10:00	Reformer Start	Sala Reformer
13:00	Acquagym	Piscina
14:00	Hydrocircuit	Piscina
17:00	Pilates Mat	Sala Fitness
17:30	Evergreen Strength	Sala Danza
18:00	Pilates Mat	Sala Fitness
18:00	Reformer Avanzato	Sala Reformer
18:00	Les Mills Ceremony	Skill Athletic
18:30	Interval Ride	Group Cycle
18:30	Pilates Fusion	Sala Danza
19:00	Body Pump	Sala Fitness
19:00	Reformer Base	Sala Reformer
19:00	Skill Athletic	Skill Athletic
19:15	Hydrobike	Piscina
20:00	Capoeira	Sala Danza

Venerdì

Orario	Corso	Sala
06:00	Cycle Express VIRTUAL	Group Cycle
07:00	Cycle Express VIRTUAL	Group Cycle
08:00	BodyAttack	Sala Fitness
08:30	Postural Training	Sala Danza
09:00	Acquagym	Piscina
09:00	Reformer Base	Sala Reformer
09:00	Skill Athletic	Skill Athletic
09:30	Pilates Mat	Sala Danza
10:00	Hydrocircuit	Piscina
10:30	Postural Training	Sala Danza
13:00	Group Cycle VIRTUAL	Group Cycle
13:00	Acquagym	Piscina
13:30	Skill Athletic	Skill Athletic
14:00	Acquagym	Piscina
17:00	Postural Training	Sala Fitness
17:00	Reformer Intermedio	Sala Reformer
18:00	Compagnia	Sala Danza
18:00	Pilates Mat	Sala Fitness
18:00	Reformer Intermedio	Sala Reformer
18:00	Skill Athletic	Skill Athletic
18:30	Race Day	Group Cycle
19:00	Compagnia	Sala Danza
19:00	Gym Music	Sala Fitness
19:00	Reformer Avanzato	Sala Reformer
19:00	Skill Athletic	Skill Athletic
19:15	Acquagym	Piscina

Sabato

Orario	Corso	Sala
07:00	Cycle Express VIRTUAL	Group Cycle

Domenica

Orario	Corso	Sala
07:00	Cycle Express VIRTUAL	Group Cycle