

eneda's
V I L L A G E

ORARI

Lunedì

Inizio	Fine	Corso
06:00	07:00	NUOTO LIBERO
06:30	07:30	SPINNING VIRTUAL
07:00	08:00	NUOTO LIBERO
07:30	08:30	SPINNING VIRTUAL
08:00	09:00	NUOTO LIBERO
08:30	09:20	POSTURALE
08:30	09:30	SPINNING VIRTUAL
09:00	09:50	ACQUAGYM
09:00	09:50	LESMILLS BODY PUMP
09:00	09:50	REFORMER CLASS BASE
09:00	09:50	SKILLATHLETICH
09:30	10:20	POSTURALE
09:30	10:30	SPINNING VIRTUAL
10:00	10:30	ACQUAJUMP
10:00	10:50	PILATES
10:30	11:20	POSTURALE
10:30	11:30	SPINNING VIRTUAL
11:30	12:30	SPINNING VIRTUAL
12:30	13:00	NUOTO LIBERO
12:30	13:30	SPINNING VIRTUAL
13:00	14:00	NUOTO LIBERO
13:30	14:20	SKILLATHLETICH
13:30	14:30	SPINNING VIRTUAL
14:00	14:50	ACQUAGYM
14:30	15:30	SPINNING VIRTUAL
15:30	16:30	SPINNING VIRTUAL
16:30	17:30	SPINNING VIRTUAL
17:00	18:00	DANZA 3-5 PROPEDEUTICA
17:00	17:50	PILATES
17:00	17:50	REFORMER CLASS INTERMEDIO
17:30	18:30	SPINNING VIRTUAL

Inizio	Fine	Corso
18:00	19:00	DANZA 6-10 CLASSICA
18:00	18:50	REFORMER CLASS INTERMEDIO
18:00	18:50	SKILLATHLETICH
18:15	19:00	SPINNING
18:30	19:20	TOTAL BODY
19:00	19:30	ACQUAJUMP
19:00	20:00	DANZA 8-10 MODERNO
19:00	19:50	REFORMER CLASS BASE
19:00	19:50	SKILLATHLETICH
19:15	20:00	SPINNING
19:30	20:20	ACQUAGYM
20:00	21:30	NUOTO LIBERO
20:00	21:30	DANZA MODERNO AVANZATO
20:00	21:30	KRAV MAGA

Martedì

Inizio	Fine	Corso
06:00	07:00	NUOTO LIBERO
06:30	07:30	SPINNING VIRTUAL
07:00	08:00	NUOTO LIBERO
07:30	08:30	SPINNING VIRTUAL
08:00	09:00	NUOTO LIBERO
08:00	08:50	REFORMER CLASS BASE
08:30	09:30	SPINNING VIRTUAL
09:00	09:50	HYDROBIKE
09:00	09:50	PILATES
09:00	09:50	LESMILLS BODY PUMP
09:00	09:50	REFORMER CLASS BASE
09:00	09:50	SKILLATHLETICH
10:00	10:50	ACQUAGYM
10:00	10:50	HATHA YOGA
10:30	11:30	SPINNING VIRTUAL
11:30	12:30	SPINNING VIRTUAL
12:30	13:00	NUOTO LIBERO
12:30	13:30	SPINNING VIRTUAL
13:00	14:00	NUOTO LIBERO
13:00	13:50	HYDROBIKE
13:30	14:30	SPINNING VIRTUAL
14:00	14:50	HYDROBIKE
14:30	15:30	SPINNING VIRTUAL
15:30	16:30	SPINNING VIRTUAL
16:30	17:30	SPINNING VIRTUAL
17:00	17:50	GYMPILATES
17:00	17:50	POSTURALE
17:30	18:30	SPINNING VIRTUAL
18:00	18:50	POSTURALE
18:00	18:50	PILATES
18:00	18:50	REFORMER CLASS INTERMEDIO

Inizio	Fine	Corso
18:30	19:30	SPINNING VIRTUAL
19:00	19:50	LES MILLS BODY PUMP
19:00	19:50	REFORMER CLASS BASE
19:00	19:50	SKILLATHLETIC
19:15	20:05	HYDROBIKE
19:30	20:30	SPINNING VIRTUAL
20:00	21:30	NUOTO LIBERO
20:00	21:00	CAPOEIRA
20:30	21:30	SPINNING VIRTUAL

Mercoledì

Inizio	Fine	Corso
06:00	07:00	NUOTO LIBERO
06:30	07:30	SPINNING VIRTUAL
07:00	08:00	NUOTO LIBERO
07:30	08:30	SPINNING VIRTUAL
08:00	09:00	NUOTO LIBERO
08:30	09:30	SPINNING VIRTUAL
09:00	09:50	ACQUAGYM
09:00	09:50	PILATES
09:00	09:50	LESMILLS BODYATTACK
09:00	09:50	REFORMER CLASS INTERMEDIO
09:00	09:50	SKILLATHLETICH
09:30	10:30	SPINNING VIRTUAL
10:00	10:50	HYDROCIRCUIT
10:00	10:30	ACQUAJUMP
10:00	10:50	POSTURALE
10:00	10:50	LESMILLS BODY PUMP
10:30	11:30	SPINNING VIRTUAL
11:30	12:30	SPINNING VIRTUAL
12:30	13:00	NUOTO LIBERO
12:30	13:30	SPINNING VIRTUAL
13:00	14:00	NUOTO LIBERO
13:30	14:20	SKILLATHLETICH
13:30	14:30	SPINNING VIRTUAL
14:00	14:50	ACQUAGYM
14:00	14:50	HYDROBIKE
14:30	15:30	SPINNING VIRTUAL
15:30	16:30	SPINNING VIRTUAL
16:30	17:30	SPINNING VIRTUAL
17:00	18:00	DANZA 3-5 PROPEDEUTICA
17:00	17:50	PILATES
17:30	18:30	SPINNING VIRTUAL

Inizio	Fine	Corso
18:00	19:00	DANZA 6-10 CLASSICA
18:00	18:50	POSTURALE
18:00	18:50	REFORMER CLASS BASE
18:00	18:50	SKILLATHLETICH
18:15	19:00	SPINNING
19:00	19:30	ACQUAJUMP
19:00	20:00	DANZA 8-10 MODERNO
19:00	19:50	POWER GAG
19:00	19:50	REFORMER CLASS BASE
19:00	19:50	SKILLATHLETICH
19:15	20:00	SPINNING
19:30	20:20	ACQUAGYM
20:00	21:30	NUOTO LIBERO
20:00	21:30	DANZA MODERNO AVANZATO
20:00	21:30	KRAV MAGA
20:30	21:30	SPINNING VIRTUAL

Giovedì

Inizio	Fine	Corso
06:00	07:00	NUOTO LIBERO
06:30	07:30	SPINNING VIRTUAL
07:00	08:00	NUOTO LIBERO
07:30	08:30	SPINNING VIRTUAL
08:00	09:00	NUOTO LIBERO
08:00	08:50	REFORMER CLASS BASE
08:30	09:30	SPINNING VIRTUAL
09:00	09:50	ACQUAGYM
09:00	09:50	POSTURALE
09:00	09:50	PILATES
09:00	09:50	REFORMER CLASS BASE
09:00	09:50	SKILLATHLETICH
10:00	10:50	HYDROBIKE
10:00	10:50	HATHA YOGA
10:30	11:30	SPINNING VIRTUAL
11:30	12:30	SPINNING VIRTUAL
12:30	13:00	NUOTO LIBERO
12:30	13:30	SPINNING VIRTUAL
13:00	14:00	NUOTO LIBERO
13:00	13:50	HYDROBIKE
13:30	14:30	SPINNING VIRTUAL
14:00	14:50	HYDROBIKE
14:30	15:30	SPINNING VIRTUAL
15:30	16:30	SPINNING VIRTUAL
16:30	17:30	SPINNING VIRTUAL
17:00	17:50	POSTURALE
17:00	17:50	PILATES
17:30	18:30	SPINNING VIRTUAL
18:00	18:50	GYMPILATES
18:00	18:50	PILATES
18:00	18:50	REFORMER CLASS BASE

Inizio	Fine	Corso
18:30	19:30	SPINNING VIRTUAL
19:00	19:50	LES MILLS BODY PUMP
19:00	19:50	REFORMER CLASS INTERMEDIO
19:00	19:50	SKILLATHLETIC
19:15	20:05	HYDROBIKE
19:30	20:30	SPINNING VIRTUAL
20:00	21:30	NUOTO LIBERO
20:00	21:00	CAPOEIRA
20:30	21:30	SPINNING VIRTUAL

Venerdì

Inizio	Fine	Corso
06:00	07:00	NUOTO LIBERO
06:30	07:30	SPINNING VIRTUAL
07:00	08:00	NUOTO LIBERO
07:30	08:30	SPINNING VIRTUAL
08:00	09:00	NUOTO LIBERO
08:30	09:30	SPINNING VIRTUAL
08:40	09:30	PILATES
09:00	09:50	ACQUAGYM
09:00	09:50	LESMILLS BODYATTACK
09:00	09:50	REFORMER CLASS BASE
09:00	09:50	SKILLATHLETICH
09:30	10:20	PILATES
09:30	10:30	SPINNING VIRTUAL
10:00	10:30	ACQUAJUMP
10:30	11:20	POSTURALE
10:30	11:30	SPINNING VIRTUAL
11:30	12:30	SPINNING VIRTUAL
12:30	13:00	NUOTO LIBERO
12:30	13:30	SPINNING VIRTUAL
13:00	14:00	NUOTO LIBERO
13:30	14:20	SKILLATHLETICH
13:30	14:30	SPINNING VIRTUAL
14:00	14:50	ACQUAGYM
14:30	15:30	SPINNING VIRTUAL
15:30	16:30	SPINNING VIRTUAL
16:30	17:30	SPINNING VIRTUAL
17:00	17:50	POSTURALE
17:00	17:50	REFORMER CLASS BASE
17:30	18:30	SPINNING VIRTUAL
18:00	18:50	PILATES
18:00	18:50	REFORMER CLASS INTERMEDIO

Inizio	Fine	Corso
18:00	18:50	SKILLATHLETICH
18:15	19:00	SPINNING
19:00	19:30	ACQUAJUMP
19:00	20:30	DANZA MODERNO AVANZATO
19:00	19:50	LESMILLS BODY PUMP
19:00	19:50	REFORMER CLASS BASE
19:00	19:50	SKILLATHLETICH
19:15	20:00	SPINNING
19:30	20:20	ACQUAGYM
20:00	21:30	NUOTO LIBERO
20:30	21:30	SPINNING VIRTUAL

Sabato

Inizio	Fine	Corso
06:00	07:00	NUOTO LIBERO
07:00	08:00	NUOTO LIBERO
07:30	08:30	SPINNING VIRTUAL
08:00	09:00	NUOTO LIBERO
08:30	09:30	SPINNING VIRTUAL
09:00	09:50	REFORMER CLASS BASE
10:00	10:50	PILATES
12:30	13:00	NUOTO LIBERO
13:00	14:00	NUOTO LIBERO
14:00	15:00	NUOTO LIBERO