




PALINSESTO ACQUA 2022-2023





Lunedì


08.30-09.15
ANTALGICA 

10.15-11.00
ACQUAGYM 


12.45-13.30
ACQUABIKE 


19.15-20.00
WATER ENERGY 


20.00-20.45
ACQUAMIX 

20.45-21.30
ACQUAJUMP 


Martedì


12.45-13.30
ACQUAMIX 


19.15-20.00
ACQUAKICK 


20.00-20.45
ACQUAFIT &
JUMP 


Mercoledì

09.00-09.45
ACQUAGYM 


12.45-13.30
ACQUAKICK 


19.00-19.45
ACQUABIKE 


19.45-20.30
ACQUABIKE 


20.30-21.15
ACQUAFIT &
BIKE 

Giovedì


08.30-09.15
ANTALGICA 


09.30-10.15
ACQUAGYM 

19.15-20.00
WATER ENERGY 


20.15-21.00
ACQUAKICK 

Venerdì

12.45-13.30
ACQUAFIT &
BIKE 

19.15-20.00
ACQUABIKE 



Sabato

12.00-12.45
ACQUABIKE 

Domenica

note:

 Alta intensità
 Media intensità

 Medio-bassa intensità
 Bassa intensità

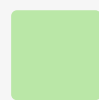


PALINSESTO ENERGIA 2022-2023



Lunedì

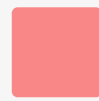
09.15-10.00
PILATES



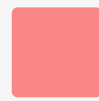
12.45-13.30
CIRCUIT
TRAINING



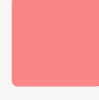
15.30-16.15
CROSS TEEN



18.45-19.45
POWER PUMP



20.00-20.45
FUNCTIONAL



20.15-21.00
YOGA

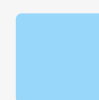


Martedì

09.00-10.00
YOGA



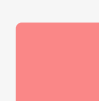
10.00-10.45
GYM DOLCE



12.45-13.30
CROSS
TRAINING



18.30-19.30
SPINNING



19.45-20.30
STRETCHING



20.30-21.15
ZUMBA

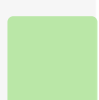


Mercoledì

09.15-10.00
FITBALL CIRCUIT



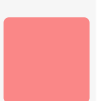
10.00-10.45
PILATES



12.45-13.30
FITBALL



18.45-19.30
TOTAL BODY

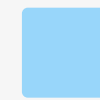


19.30-20.15
BALANCE

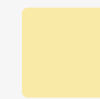


Giovedì

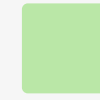
9.15-10.00
GYM DOLCE



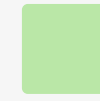
10.30-11.15
CARDIO TONE



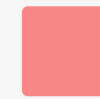
11.15-12.00
BALANCE



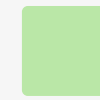
12.45-13.30
PILATES



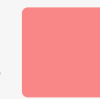
12.45-13.30
FUNCTIONAL



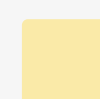
18.30-19.30
PILATES



19.30-20.15
POWER PUMP

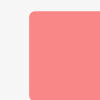


20.30-21.30
ZUMBA



Venerdì

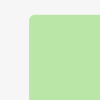
9.15-09.45
FAT BURN



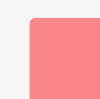
09.45-10.15
CORE POWER



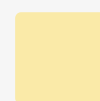
10.15-11.00
STRETCHING



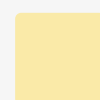
12.45-13.30
BURN IT



18.30-19.00
POWER LEGS



19.00-19.30
POWER ABS



19.30-20.15
STRETCHING

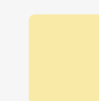


20.15-21.00
SPINNING



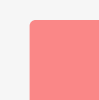
Sabato

11.45-12.30
ZUMBA



Domenica

10.30-11.30
SPINNING



note:



Alta intensità



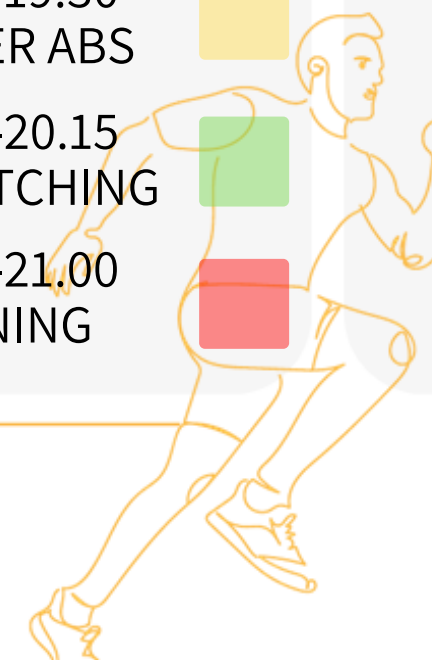
Medio-bassa intensità



Media intensità



Bassa intensità



CORSI DI NUOTO



Lunedì

16.45
17.15
17.45

16.30
18.30

17.00
17.45
18.30

9.00
9.45
19.00
19.45

Martedì

10.00
11.00
11.30

16.45
17.15
18.15

17.00
17.45
18.30

17.15
18.00

Mercoledì

16.30
17.00
18.00

17.00
17.45

17.45

Giovedì

16.30
17.00
18.00
18.30

17.00
17.45
18.30

9.00
19.00
19.45

Venerdì

16.45
17.45

17.00
17.45
18.30

17.15
18.00

Sabato

15.00
15.30
16.30

9.00 15.15
12.00 15.45
12.30 16.15

15.30
16.15

9.00

Domenica

11.15

10.30
11.00

note:

- Corso cuccioli
- Corso baby
- Corso ragazzi (possibile variazione di 15' in base all'orario scelto)
- Corso teenager
- Corso adulti





ORARI SALA FITNESS - DAL 29/08/22 AL 02/07/23

Lunedì

07:00 - 21:30

Martedì

07:30 - 21:30

Mercoledì

07:30 - 21:30

Giovedì

07:00 - 21:30

Venerdì

07:30 - 21:30

Sabato

09:00 - 19:00

Domenica

09:00 - 13:00

GIORNI DI CHIUSURA:

8, 25, 26 DICEMBRE - 1 GENNAIO - 9, 10, 25 APRILE - 2 GIUGNO

GIORNI CON ORARIO RIDOTTO:

**1 NOVEMBRE - 24, 27, 28, 29, 30, 31 DICEMBRE -
6 GENNAIO - 1 MAGGIO**

LUGLIO E AGOSTO ORARI RIDOTTI



Per accedere alle attività è necessario essere in possesso del certificato medico.
La direzione si riserva di modificare gli orari di apertura in base a necessità organizzative.