Lunedi

Fit room	Health room	Skill room
		08.00/09.00 *Dimahealth
		09.00/10.00 *Percorso Health II
10.00/10.15 MFR		
10.15/10.45 Funct. health		
10.45/11.00 ABS&Core		
		11.00/12.00 *AFA
13.15/13.45 Funct. circuit	13.15/14.15 Gin. Pilates Valentina	
		13.45/14.15 *Skill training
		16.00/17.00 *Dimahealth
		17.00/18.00 *AFA
	17.45/18.30 *Panca stretch I	
18.30/19.30 Total tone S Bilel	18.30/19.30 Gin. Hatha Yoga Chiara	18.30/19.30 *Percorso Health I
19.30/20.30 Stepdance Bilel	19.30/20.30 *Group Cycling Daniela	19.30/20.00 *Skill training

Martedi

Fit room	Health room	Skill room
08.30/09.00 Funct. circuit		08.00/08.30 *Skill training
		09.30/10.30 *Cardiohealth II
	10.30/11.15 *Panca stretch II	
	11.15/12.00 Gin. Pilates Giulia	11.00/12.00 *Otago
13.15/14.15 Total body Zichella	13.15/14.15 *Group Cycling Daniela	
	13.30/14.15 *Prenatal Health	13.30/14.00 *Skill training
		15.00/16.00 *Percorso Health II
		16.00/17.00 *Cardiohealth I
17.30/18.30 *Antigravity Eleonora		17.00/18.00 *AFA A Fibromialgia
18.30/19.30 I Tone Mori	18.30/19.30 Gin. Pilates I Francesco	
19.30/20.30 Aerodance Mori	19.30/20.30 Gin. Hatha Yoga Francesco	20.00/20.30 *Skill training

Mercoledi

Fit room	Health room	Skill room
		08.00/09.00 *Dimahealth
		09.00/10.00 *Percorso Health II
10.00/10.15 MFR		
10.15/10.45 Funct. health		
10.45/11.00 ABS&Core		
		11.00/12.00 *AFA
	13.15/14.15 Gin. Pilates Valentina	13.15/13.45 *Skill training
13.45/14.15 *Funct. circuit		
		16.00/17.00 *Dimahealth
		17.00/18.00 *AFA
	17.45/18.30 *Panca stretch I	
18.30/19.30 Bodysculpt Bilel	18.30/19.30 Gin. Hatha Yoga Chiara	18.30/19.30 *Percorso Health I
19.30/20.30 Reggaeton Bilel	19.30/20.30 *Group Cycling Daniela	19.30/20.00 *Skill training

Giovedi

Fit room	Health room	Skill room
08.30/09.00 Funct. circuit		08.00/08.30 *Skill training
		09.30/10.30 *Cardiohealth II
	10.30/11.15 *Panca stretch II	
	11.15/12.00 Gin. Pilates Giulia	11.00/12.00 *Otago
13.15/14.15 GAG Zichella	13.15/14.15 *Group Cycling Daniela	13.00/14.00 *Percorso Health I
	13.30/14.15 *Prenatal Health	13.30/14.00 *Skill training
		15.00/16.00 *Percorso Health II
		16.00/17.00 *Cardiohealth I
17.30/18.30 *Antigravity Eleonora		17.00/18.00 *AFA A Fibromialgia
18.30/19.30 I Tone Mori	18.30/19.30 Gin. Pilates I Francesco	
19.30/20.30 Stepdance Mori	19.30/20.30 Gin. Flow Yoga Francesco	20.00/20.30 *Skill training

Venerdi

Fit room	Health room	Skill room
08.00/09.00 *Dimahealth		
		08.30/09.00 *Skill training
		09.00/10.00 *Percorso Health II
		10.00/11.00 *Cardiohealth II
		11.00/11.30 *Post. health
		13.15/13.45 *Trx
13.30/14.30 *Antigravity Eleonora	13.45/14.15 *Panca stretch I	13.45/14.15 *Skill training
		15.00/16.00 *Percorso Health II
		16.00/17.00 *Dimahealth
18.30/19.30 Balance Point Zichella	19.00/19.15 MFR	
		19.15/19.45 *Skill training
19.30/20.00 Zumba Zichella	19.45/20.00 ABS&Core	

Sabato

Fit room	Health room	Skill room
10.30/10.45 ABS&Core		
10.45/11.15 Funct. circuit		
11.15/11.30 MFR		

Domenica

Fit room	Health room	Skill room
Centro aperto dalle ore 10.00 alle ore 14.00 **No corsistica**		

TIPOLOGIA CORSI

- Prevenzione e Postriabilitazione
- Flessibilità e controllo
- Tonificazione e forza
- Aerobico
- Scuola nautica
- Extra

DISPENDIO ENERGETICO

Molto alto	(sopra le 521 kcal)
Alto	(da 381 kcal a 520 kcal)
Medio	(da 201 kcal a 380 kcal)
Basso	(da 100 kcal a 200 kcal)

I dispendi energetici dei corsi collettivi sono calcolati in base alla frequenza cardiaca registrata con sistema Polar team 2 ed è stata rilevata frequenza cardiaca massima con test di Brue su tapis roulant, su soggetti medi di 70 kg.

MAIN TECHNICAL PARTNER

COSMED The Metabolic Company

MICROGATE

stilnuovo health fitness club s.p.d.r.l.
www.stilnuovo.org

ORARI DI SEGRETERIA
Lunedi-Venerdi 07.00/22.00
Sabato 07.00/18.00
Domenica 10.00/14.00

ORIENTAMENTO ALLO SPORT
Lunedi-Venerdi 08.00/21.00
Sabato 09.00/13.00

DIREZIONE TECNICA
Dott. Carlo Laface

RESP. SCIENTIFICO
Prof. Massimo Gulisano

Programma Health Fitness in collaborazione con
ECOMEDICA ISTITUTO DI RICERCHE CLINICHE

*corsi su prenotazione
L'orario è soggetto a possibili variazioni