

Lunedì			Martedì			Mercoledì			Giovedì			Venerdì			Sabato			Domenica			
Fit room	Health room	Skill room	Fit room	Health room	Skill room	Fit room	Health room	Skill room	Fit room	Health room	Skill room	Fit room	Health room	Skill room	Fit room	Health room	Skill room	Fit room	Health room	Skill room	
07.30/08.00 Funct. circuit	08.00/09.00 Percorso Fit Medical					07.30/08.00 Funct. circuit	08.00/09.00 Percorso Fit Medical						08.00/09.00 Percorso Fit Medical								
08.00/09.00 Ginn. Salute Met. Yoga			08.00/09.00 Ginn. Salute Met. Yoga			08.00/09.00 Ginn. Salute Met. Yoga			08.00/09.00 Ginn. Salute Met. Yoga												
09.30/10.30 Corpo libero Irene	09.00/10.00 AFA A Fibromialgia		09.15/10.15 Gin. dolce			09.30/10.30 Corpo libero Irene	09.00/10.00 AFA A Fibromialgia		09.15/10.15 Gin. dolce			09.30/10.30 Corpo libero Irene									
	10.00/11.00 Percorso Fit Medical		10.15/11.15 Circuit Training	10.15/10.45 Panca stretch			10.00/11.00 Percorso Fit Medical		10.15/11.15 Circuit Training	10.15/10.45 Panca stretch				10.00/11.00 Percorso Fit Medical							
10.30/11.30 Body sculpt Nikos						10.30/11.30 Body sculpt Nikos						10.30/11.30 Total body Irene			10.30/11.30 Total body Nikos					10.15/11.15 Total body	
11.30/12.30 Percorso Health Functional			11.15/12.15 AFA			11.30/12.30 Percorso Health Functional			11.15/12.15 AFA			11.30/12.30 Percorso Health Functional			11.30/12.30 Fit-Boxe Nikos						
13.00/13.30 Funct. circuit	12.30/13.15 *Spinning Caterina		13.00/13.30 Funct. circuit			13.00/13.30 Funct. circuit	12.30/13.15 *Spinning Caterina		13.00/13.30 Funct. circuit			13.00/13.30 Funct. circuit									
13.30/14.30 HCross	13.30/14.30 Ginn. Salute Met. Pilates		13.30/14.30 Total body Nikos	13.30/14.15 Strenght& Conditioning		13.30/14.30 HCross	13.30/14.30 Ginn. Salute Met. Pilates		13.30/14.30 Total body Nikos	13.30/14.15 Strenght& Conditioning		13.30/14.30 Total body Nikos	13.30/14.30 HIIT								
				14.15/14.45 Panca stretch																	
16.00/17.00 GAG Niccolò	16.00/17.00 Percorso Fit Medical		15.30/16.30 Otago	16.45/17.30 Panca stretch I		16.00/17.00 Total body Niccolò	16.00/17.00 Percorso Fit Medical		15.30/16.30 Otago	16.45/17.30 Panca stretch I		16.30/17.30 GAG Felicita	16.00/17.00 Percorso Fit Medical								
17.00/18.00 Stepdance Niccolò	17.00/18.00 Ginn. Salute Met. Yoga		17.15/18.15 Total body Pietrini	17.30/18.30 Reformer Group Coaching		17.00/18.00 GAG Niccolò	17.00/18.00 Ginn. Salute Met. Yoga		17.15/18.15 Total body Irene	17.30/18.30 Reformer Group Coaching		17.30/18.30 Power Pump Felicita									
18.00/18.30 Funct. circuit	18.00/18.45 Ginn. Salute Met. Pilates I		18.15/19.15 Stepdance Pietrini	18.30/19.30 Ginn. Salute Met. Pilates		18.00/18.30 Funct. circuit	18.00/18.45 Ginn. Salute Met. Pilates I		18.15/19.15 Aerodance Irene	18.30/19.30 Ginn. Salute Met. Pilates			18.00/18.45 Ginn. Salute Met. Pilates II								
18.30/19.30 Body sculpt Nikos	18.45/19.45 Ginn. Salute Met. Pilates II					18.30/19.30 Body sculpt Nikos	18.45/19.45 Ginn. Salute Met. Pilates II					18.30/19.30 Total body Nikos	18.45/19.45 Olistic Tone Benedetta								
			19.15/20.00 HCross I						19.15/20.00 HCross I												
19.30/20.30 Fit-Boxe Nikos			20.00/21.00 Boxe amatoriale Matteo	19.30/20.30 Ginn. Salute Met. Yoga		19.30/20.30 Fit-Boxe Nikos	19.45/20.45 *Spinning Enrico		20.00/21.00 Boxe amatoriale Matteo	19.30/20.30 Ginn. Salute Met. Yoga			19.45/20.45 *Spinning Enrico								

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

