

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 Health I	07.45/08.30 Funct. circuit			07.30/08.00 Funct. circuit		08.00/09.00 *Percorso Health I	07.45/08.30 Funct. circuit			07.30/08.00 Funct. circuit								
08.00/09.00 Gin. Vinyasa Yoga Dina	08.00/09.00 *Dimahealth		08.30/08.45 Abs&core	08.00/09.00 Gin. Hatha Yoga Giusy		08.00/09.00 Gin. Ashtan, Yoga Dina	08.00/09.00 *Dimahealth		08.30/08.45 Abs&core	08.00/09.00 Gin. Anukal, Yoga Giusy		08.00/09.00 Gin. Hatha Yoga Dina	08.00/09.00 *Dimahealth	08.00/09.00 *Percorso Health I						
09.00/09.45 Ginn. dolce	09.00/10.00 *Percorso Health II	09.15/10.00 *Interval training	08.45/09.15 Funct. circuit	09.00/10.00 Barre concept Giusy	09.15/10.15 *Cardiohealth I	09.00/09.45 Ginn. dolce	09.00/10.00 *Percorso Health II	09.15/10.00 *Interval training	08.45/09.15 Funct. circuit	09.00/10.00 Barre concept Giusy	09.15/10.15 *Cardiohealth I	09.30/10.30 Corpo libero Bilel	09.00/10.00 *Percorso Health II	09.00/10.00 *Cardiohealth I	09.00/10.00 Gin. Flow Yoga Francesco					
09.45/10.45 Corpo libero Bilel	10.00/11.00 *Cardiohealth II	10.00/10.45 *Suspension training	09.15/10.15 Gin. dolce Alice	10.15/10.45 *Panca stretch I		09.45/10.45 Corpo libero Bilel	10.00/11.00 *Cardiohealth II	10.00/10.45 *Suspension training	09.15/10.15 Gin. dolce Alice	10.15/10.45 *Post. health		10.30/11.30 Reggaeton Bilel	10.00/11.00 *Cardiohealth II		10.30/11.15 Total body Zichella	10.00/11.00 Gin. Pilates I Francesco		10.30/11.30 Total body	10.30/11.30 Gin. Yoga Integ. Melania	
10.45/11.45 Body sculpt Bilel	11.00/12.00 *AFA A Fibromialgia	11.30/11.45 Abs&core		10.45/11.45 *AFA		10.45/11.45 Body sculpt Bilel	11.00/12.00 *AFA A Fibromialgia	11.30/11.45 MFR		10.45/11.45 *AFA			11.30/12.00 *Functional health		11.15/12.00 Aerodance Zichella	11.00/12.00 *Spinning Enrico				
11.45/12.15 Functional health			11.15/12.15 Fit-Boxe Nikos			11.45/12.15 Functional health		13.00/13.30 *Funct. circuit	11.15/12.15 Total body Nikos				12.00/12.30 *Post. health							
12.15/12.30 MFR	12.15/13.00 *Spinning Caterina		12.30/13.00 *Jumping Alice			12.15/12.30 Abs&core	12.15/13.00 *Spinning Caterina	13.15/14.00 *Prenatal Health	12.30/13.00 *Jumping Alice			13.00/13.30 Funct. circuit	12.30/13.15 *Spinning Caterina		12.15/13.15 Fit-Boxe Nikos					
12.30/13.30 *Antigravity Eleonora	13.15/14.15 Gin. Pilates I Tatiana	13.00/13.30 *Funct. circuit	13.00/13.30 Funct. circuit	13.15/14.15 *Race&tone Diego	13.00/13.30 *Skill training	12.30/13.30 *Antigravity Eleonora	13.15/14.15 Gin. Pilates I Tatiana	13.30/14.00 *Skill training	13.00/13.30 Trx	13.15/14.15 *Race&tone Diego		13.30/13.45 Abs&core Felicità	13.30/14.30 Gin. Anukal, Yoga Tatiana	13.30/14.00 *MFG						
13.30/14.30 Funct. fitness Bilel	14.15/14.45 *Panca stretch I	13.30/14.00 *Skill training	13.30/14.30 Power pump Felicità	15.00/16.00 *Percorso Health II	13.30/14.15 *Tacfit Toccafondi	13.30/14.30 Funct. fitness Bilel		14.00/14.30 *Kettlebell training	13.30/14.30 Power pump Felicità	15.00/16.00 *Percorso Health II	13.30/14.15 *Tacfit Toccafondi	13.45/14.30 Fit-Boxe Felicità	15.00/16.00 *Percorso Health II	14.00/14.30 *Skill training						
16.00/17.00 GAG Niccolò		14.00/14.30 Superfunctional circuit	16.30/17.30 I Tone Zichella	16.00/17.00 *AFA	16.00/17.00 *Cardiohealth I	16.00/17.00 Total body Niccolò		16.30/17.30 *Dimahealth	16.30/17.30 I Tone Nikos	16.00/17.00 *AFA	16.00/17.00 *Cardiohealth I	16.00/17.00 GAG Felicità	16.30/17.30 *Dimahealth							
17.00/18.00 Stepdance Niccolò	17.30/18.30 Gin. Hatha Yoga Lo Presti	16.30/17.30 *Dimahealth	17.30/18.30 Funct. fitness Zichella	17.00/18.00 *Otago		17.00/18.00 GAG Niccolò	17.30/18.30 Gin. Hatha Yoga Lo Presti		17.30/18.30 Funct. fitness Nikos	17.00/18.00 *Otago		17.00/18.00 Circuit tone Felicità	17.30/18.30 Gin. Hatha Yoga Francesco							
18.00/18.15 Abs&core		18.00/19.00 *Percorso Health I		18.00/18.30 *Panca stretch I		18.00/19.00 Body sculpt Nikos		18.00/19.00 *Percorso Health I		18.00/18.30 *Panca stretch I		18.00/19.00 Funct. fitness Bilel		18.00/19.00 *Percorso Health I						
18.15/18.45 Funct. circuit	18.30/19.30 Gin. Pilates II Lo Presti	19.00/19.45 *HCross	18.30/19.15 Superfunctional circuit	18.30/19.30 *Race&tone Diego	18.15/19.00 *Tacfit Toccafondi		18.30/19.30 Gin. Pilates II Lo Presti	19.00/19.30 *Superfunctional circuit	18.30/19.15 Superfunctional circuit	18.30/19.30 *Race&tone Diego	18.15/19.00 *Tacfit Toccafondi		18.30/19.30 Gin. Pilates I Francesco	19.00/19.45 *Prenatal Health						
18.45/19.45 Body sculpt Nikos	19.30/20.30 *Spinning Enrico	19.45/20.30 *HCross	19.15/20.00 *Jump&tone Zichella	19.30/20.30 Barre concept Giusy	19.30/20.00 *Skill training	19.00/20.00 Fit-Boxe Nikos	19.30/20.30 *Spinning Enrico	19.30/20.00 *Skill training	19.15/20.00 *Jump&tone Alessandra	19.30/20.30 Barre concept Giusy	19.30/20.00 *Skill training	19.00/20.00 Reggaeton Bilel		19.00/19.45 *HCross						
19.45/20.45 Fit-Boxe Nikos	20.45/21.15 *MFG (Fit room)	20.30/21.00 *Skill training	20.00/21.00 Gin. Hatha Yoga Dina			20.00/21.00 Boxe amat. Matteo		20.00/20.30 *MFG	20.00/21.00 Gin. Ashtan, Yoga Dina			20.00/21.00 Boxe amat. Matteo	19.45/20.45 *Spinning Enrico	20.00/20.30 *Skill training						

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



ORARI DI SEGRETERIA

Lunedì-Venerdì 07.00/22.00
Sabato 07.00/18.00
Domenica 10.00/14.00

ORIENTAMENTO ALLO SPORT

Lunedì-Venerdì 08.00/21.00
Sabato 09.00/13.00
Domenica 14.00/17.30
10.00/13.00

DIREZIONE TECNICA

Dott. Carlo Laface

RESP. SCIENTIFICO

Prof. Massimo Gulisano

MEDICO SPECIALISTA

in Medicina dello Sport
Dott. Paolo Manetti

Programma Health Fitness
in collaborazione con



*corsi su prenotazione

è obbligatorio l'utilizzo del cardiofrequenzimetro. L'orario è soggetto a possibili variazioni.