

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 Ginnastica Yoga Dina	08.00/09.00 *Percorso Health Dima		08.30/08.45 Abs&core	08.00/09.00 Ginn. Salute Met. Yoga		08.00/09.00 Ginnastica Yoga Dina	08.00/09.00 *Percorso Health Dima		08.30/08.45 Abs&core	08.00/09.00 Ginn. Salute Met. Yoga		08.00/09.00 Ginnastica Yoga Dina	08.00/09.00 *Percorso Health Dima	08.00/09.00 *Percorso Health I							
09.30/10.30 Corpo libero	09.00/10.00 *Percorso Health II	09.15/10.00 *Interval training	08.45/09.15 Funct. circuit		09.15/10.15 *Percorso Health Cardio I	09.30/10.30 Corpo libero	09.00/10.00 *Percorso Health II	09.15/10.00 *Interval training	08.45/09.15 Funct. circuit		09.15/10.15 *Percorso Health Cardio I	09.30/10.30 Olistic Tone Bilel	09.00/10.00 *Percorso Health II	09.00/10.00 *Percorso Health Cardio I	09.45/10.30 Kids Motor Skills	09.00/10.00 Ginn. Salute Met. Yoga					
10.30/11.30 Body sculpt Bilel	10.00/11.00 *Percorso Health Cardio II	10.00/10.45 *Suspension training	09.15/10.15 Gin. dolce	10.15/10.45 *Panca stretch I	09.45/10.15 *Funct. circuit	10.30/11.30 Body sculpt Bilel	10.00/11.00 *Percorso Health Cardio II	10.00/10.45 *Suspension training	09.15/10.15 Gin. dolce	10.15/10.45 *Percorso Health Postural	09.45/10.15 *Funct. circuit	10.30/11.30 Reggaeton Bilel	10.00/11.00 *Percorso Health Cardio II		10.30/11.15 Total body Zichella	10.00/11.00 Ginn. Salute Met. Pilates I		10.30/11.30 Total body	10.30/11.30 Ginnastica Yoga Melania		
11.30/11.45 Abs&core	11.00/12.00 *AFA A Fibromialgia			10.45/11.45 *AFA		11.30/11.45 MFR	11.00/12.00 *AFA A Fibromialgia			10.45/11.45 *AFA				11.30/12.00 *Percorso Health Functional				11.30/12.15 Kids Motor Skills			
11.45/12.15 Percorso Health Functional			11.15/12.15 Total body Nikos			11.45/12.15 Percorso Health Functional		13.00/13.30 *Funct. circuit	11.15/12.15 Total body Nikos					12.00/12.30 *Percorso Health Postural							
12.15/12.30 MFR	12.30/13.15 *Spinning Caterina	13.00/13.30 *Funct. circuit	12.30/13.00 *Jumping	13.15/14.15 *Endurance power		12.15/12.30 Abs&core	12.30/13.15 *Spinning Caterina	13.15/14.00 *Percorso Health Prenatal/post p.	12.30/13.00 *Jumping					12.30/13.15 *Spinning Caterina			12.15/13.15 Fit-Boxe Nikos				
12.30/13.30 *Ginn. Antigravity Yoga		13.30/14.00 *Skill training	13.00/13.30 Funct. circuit	14.15/14.45 *Panca stretch I	13.00/13.30 *Skill training	12.30/13.30 *Ginn. Antigravity Yoga		13.30/14.00 *Skill training	13.00/13.30 Trx	13.15/14.15 *Endurance training	13.30/14.15 *Tacfit Toccafondi	13.00/13.30 Funct. circuit	13.30/14.30 Ginn. Salute Met. Yoga	13.30/14.00 *MFG							
13.30/14.30 Funct. fitness Bilel	13.30/14.30 Ginn. Salute Met. Pilates I	14.00/14.15 *Mobility&core	13.30/14.30 Power pump Felicita	15.00/16.00 *Percorso Health II	13.30/14.15 *Tacfit Toccafondi	13.30/14.30 Funct. fitness Bilel	13.30/14.30 Ginn. Salute Met. Pilates I	14.00/14.15 *Mobility&core	13.30/14.30 Power pump Felicita	15.00/16.00 *Percorso Health II	14.15/14.45 *Panca stretch I	13.30/14.30 *Ginn. Antigravity Yoga	15.00/16.00 *Percorso Health II	14.00/14.30 *Skill training							
16.00/17.00 GAG Niccolò		16.30/17.30 *Percorso Health Dima	16.30/17.30 I Tone Zichella	16.00/17.00 *AFA	16.00/17.00 *Percorso Health Cardio I	16.00/17.00 Total body Niccolò		16.30/17.30 *Percorso Health Dima	16.30/17.30 Funct. circuit	16.00/17.00 *AFA	16.00/17.00 *Percorso Health Cardio I	16.00/17.00 GAG Felicita	16.30/17.30 *Percorso Health Dima								
17.00/18.00 Stepdance Niccolò	17.00/18.00 Ginn. Salute Met. Yoga	17.45/18.00 Abs&core	17.30/18.30 Funct. fitness Zichella	17.00/17.30 *Panca stretch I	17.00/18.00 *Otago	17.00/18.00 GAG Niccolò	17.00/18.00 Ginn. Salute Met. Yoga		17.30/18.30 Funct. fitness Nikos	17.00/17.30 *Panca stretch I	17.00/18.00 *Otago	17.00/18.00 Circuit tone Felicita	17.30/18.30 Ginn. Salute Met. Yoga								
18.00/18.30 Funct. circuit	18.00/18.45 Ginn. Salute Met. Pilates I	18.00/19.00 *Percorso Health I				18.00/19.00 Body sculpt Nikos	18.00/18.45 Ginn. Salute Met. Pilates I	18.00/19.00 *Percorso Health I		17.30/18.30 Ginnastica Yoga Melania		18.00/19.00 Funct. fitness Bilel		18.00/19.00 *Percorso Health I							
18.30/19.30 Body sculpt Nikos	18.45/19.45 Ginn. Salute Met. Pilates II	19.00/19.45 *HCross	18.30/19.15 Superfunctional circuit	18.30/19.30 *Race&tone Diego			18.45/19.45 Ginn. Salute Met. Pilates II	19.00/19.30 *Superfunctional circuit	18.30/19.15 Superfunctional circuit	18.30/19.30 *Race&tone Diego			18.30/19.30 Ginn. Salute Met. Pilates I	19.00/19.45 *Percorso Health Prenatal/post p.							
19.30/20.30 Fit-Boxe Nikos	19.45/20.45 *Spinning Enrico	19.45/20.30 *HCross	19.15/20.00 *Jump&tone Zichella	19.30/20.30 *Spinning Enrico	19.30/20.00 *Skill training	19.00/20.00 Fit-Boxe Nikos	19.45/20.45 *Spinning Enrico	19.30/20.00 *Skill training	19.15/20.00 *Jump&tone Alessandra		19.30/20.00 *Skill training	19.00/20.00 Reggaeton Bilel	19.30/20.30 *Spinning Enrico	19.00/19.45 *HCross							
20.30/21.00 *MFG		20.30/21.00 *Skill training	20.00/21.00 Ginnastica Yoga Dina			20.00/21.00 Boxe amat. Matteo		20.00/20.30 *MFG	20.00/21.00 Ginnastica Yoga Dina			20.00/21.00 Boxe amat. Matteo		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

