

Lunedì			Martedì			Mercoledì			Giovedì			Venerdì			Sabato			Domenica			
Sala 1	Sala 2	Queenax	Sala 1	Sala 2	Queenax	Sala 1	Sala 2	Queenax	Sala 1	Sala 2	Queenax	Sala 1	Sala 2	Queenax	Sala 1	Sala 2	Queenax	Sala 1	Sala 2	Queenax	
08.00/09.00 Yoga Dina	08.30/09.30 *Dimahealth I	08.00/09.00 *Percorso Health I	08.30/08.45 Abs&core			08.00/09.00 Yoga Dina	08.30/09.30 *Dimahealth I	08.00/09.00 *Percorso Health I	08.30/08.45 Abs&core			08.00/09.00 Yoga Dina	08.30/09.30 *Dimahealth I	08.00/09.00 *Percorso Health I	08.30/09.30 Novità Yoga Francesco						
			08.45/09.15 Funct. circuit						08.45/09.15 Funct. circuit												
09.30/10.30 Corpo libero Marco	09.30/10.30 *Cardiohealth II	09.30/10.30 *Percorso Health II	09.15/10.15 Ginn. dolce Manuel	09.15/10.15 *Cardiohealth I		09.30/10.30 Corpo libero Marco	09.30/10.30 *Cardiohealth II	09.30/10.30 *Percorso Health II	09.15/10.15 Ginn. dolce	09.15/10.15 *Cardiohealth I		09.30/10.30 Corpo libero Manuel	09.30/10.30 *Cardiohealth II	09.30/10.30 *Percorso Health II							
10.30/11.30 Body sculpt Marco			10.15/11.15 AeroGAG Manuel	10.15/10.45 *Post. health		10.30/11.30 Body sculpt Marco			10.15/11.15 StepGAG Niccolò	10.15/10.45 *Post. health		10.30/11.30 Body sculpt Manuel	10.30/11.30 *Cardiohealth I		10.30/11.15 Total body Niccolò	10.00/11.00 Pilates I Cirelli		10.30/11.30 Total body			
11.30/12.30 Funct. health			11.15/12.15 Total body Nikos	10.45/11.45 *AFA		11.30/12.30 Funct. health			11.15/12.15 Total body Nikos	10.45/11.45 *AFA		11.30/12.30 Novità Barre Ely	11.30/12.00 *Post. health	11.00/11.30 *Funct. health	11.15/12.00 GAG Niccolò	11.00/12.00 *Spinning Enrico		11.30/12.30 Fit-Boxe Nikos			
12.30/13.00 *Jumping Valentina	12.30/13.15 *Spinning Caterina					12.30/13.00 *Jumping Valentina	12.30/13.15 *Spinning Caterina							12.30/13.15 *Spinning Caterina		12.15/13.15 Fit-Boxe Nikos					
13.00/13.30 *Trx			13.00/13.30 Funct. circuit	13.15/14.15 *Race&tone Diego		13.00/13.30 Funct. circuit			13.00/13.30 *Trx	13.15/14.15 *Race&tone Diego		13.00/13.30 Funct. circuit									
13.30/14.15 Tacfit Toccafondi	13.30/14.30 Pilates I Cirelli	13.30/14.00 *Funct. circuit	13.30/14.30 Power pump Felicita		13.30/14.00 *Superfunkt.	13.30/14.00 Abs&core Felicita	13.30/14.30 Pilates I Cirelli	13.30/14.15 *Tacfit Evolution Toccafondi	13.30/14.30 Power pump Felicita	14.15/15.00 *Panca stretch	13.30/14.15 *Kettlebell Tr. Justin	13.30/14.15 MFG	13.30/14.30 Yoga Tatiana								
				15.00/16.00 *Percorso Health II		14.00/14.30 Circuit tone Felicita							15.00/16.00 *Percorso Health II								
16.30/17.30 GAG Niccolò		16.00/17.00 *Dimahealth I	16.00/17.00 *AFA	16.00/17.00 *Cardiohealth		16.45/17.45 Total body Niccolò		16.00/17.00 *Dimahealth I	16.00/17.00 *AFA	16.00/17.00 *Cardiohealth		16.30/17.30 GAG Felicita	16.00/17.00 *Dimahealth I								
17.30/18.30 Stepdance Niccolò	17.30/18.30 Hatha Yoga Lo Presti		17.15/18.15 Interval tone Alice			17.45/18.45 Body sculpt Nikos	17.30/18.30 Hatha Yoga Lo Presti		17.15/18.15 Interval tone Nikos			17.30/18.30 Circuit Tone Felicita	17.30/18.30 Hatha Yoga Francesco								
18.30/18.45 Abs&core	18.30/19.30 Pilates II Lo Presti	18.00/19.00 *Percorso Health I	18.15/19.15 Funct. fitness Alice	18.00/18.45 *Panca stretch	18.15/19.00 *Tacfit Evolution Toccafondi		18.30/19.30 Pilates II Lo Presti	18.00/19.00 *Percorso Health I	18.15/19.00 Tacfit Toccafondi	18.00/18.45 *Panca stretch		18.30/18.45 Abs&core	18.30/19.30 Pilates I Cirelli	18.00/19.00 *Percorso Health I							
18.45/19.45 Body sculpt Nikos		19.00/19.45 *HCross		18.45/19.45 *Race&tone Pamela	19.00/19.30 *Performance & Training	18.45/19.45 Fit-Boxe Nikos		19.00/19.30 *Funct. circuit	19.00/20.00 Novità Barre Ely	18.45/19.45 *Race&tone Pamela	19.00/19.30 *Performance & Training	18.45/19.45 Stepdance Niccolò		19.00/19.45 *HCross							
19.45/20.45 Fit-Boxe Nikos	19.30/20.30 *Spinning Enrico		19.15/20.00 *Jump&tone Alice	19.45/20.45 Hatha Yoga Dina		19.45/20.45 Boxe amat. Omar	19.30/20.30 *Spinning Enrico					19.45/20.45 Boxe amat. Omar	19.45/20.45 *Jump&tone Niccolò								
	20.30/21.30 Ashtanga Yoga Francesco	20.30/21.15 MFG					20.30/21.30 Ashtanga Yoga Francesco	20.30/21.15 MFG	20.00/21.00 Ashtanga Yoga Dina												

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




SOCIETÀ ITALIANA
Nutrizione Sportiva