

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 Vinyasa Yoga Dina	08.30/09.30 *Dimahealth I	08.00/09.00 *Percorso Health I	07.45/08.30 Funct. circuit	08.00/09.00 Hatha Yoga Dina		08.00/09.00 AshtangaYoga Dina	08.30/09.30 *Dimahealth I	08.00/09.00 *Percorso Health I	07.45/08.30 Funct. circuit	08.00/09.00 Vinyasa Yoga Dina		08.00/09.00 Hatha Yoga Dina	08.30/09.30 *Dimahealth I	08.00/09.00 *Percorso Health I						
			08.30/08.45 Abs&core						08.30/08.45 Abs&core											
09.30/10.30 Corpo libero Marco	09.30/10.30 *Cardiohealth II	09.30/10.30 *Percorso Health II	08.45/09.15 Funct. circuit	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	08.45/09.15 Funct. circuit	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	09.00/10.00 Novità Flow Yoga Francesco					
10.30/11.30 Body sculpt Marco			09.15/10.15 Ginn. dolce Manuel	10.15/10.45 *Post. health		10.30/11.30 Body sculpt Marco			09.15/10.15 Ginn. dolce	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 Niccolò		
11.30/12.30 Funct. health	11.15/12.15 Novità Barre Antonella		10.15/11.15 AeroGAG Manuel	10.45/11.45 *AFA		11.30/12.30 Funct. health	11.15/12.15 Novità Barre Antonella		10.15/11.15 StepGAG Niccolò	10.45/11.45 *AFA			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		11.15/12.15 Total body Nikos	12.30/13.15 *Spinning Caterina		12.30/13.00 *Jumping Valentina	12.30/13.15 *Spinning Caterina		11.15/12.15 Total body Nikos				12.30/13.15 *Spinning Caterina		12.15/13.15 Fit-Boxe Nikos	12.00/13.00 *Spinning Enrico				
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 *Tacfit Evolution I Toccafondi	13.00/13.30 *Trx	13.00/14.00 *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 II Toccafondi	13.30/14.30 Power pump Felicita	14.00/14.30 *Panca stretch I	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						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		17.00/17.45 Interval tone Alice	17.00/18.00 *Otago	17.45/18.15 *Funct. circuit	17.45/18.45 Body sculpt Nikos	17.30/18.30 Hatha Yoga Lo Presti		17.15/18.15 Interval tone Nikos	17.00/18.00 *Otago		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	17.45/18.30 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 Tacfiit 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	18.30/19.15 Novità Pilates I Tatiana	18.45/19.45 *Race&tone Diego	19.00/19.30 *Performance & Training	18.45/19.45 Fit-Boxe Nikos		19.00/19.30 *Funct. circuit	19.00/20.00 Ashtanga Yoga Dina	18.45/19.45 *Race&tone Diego	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 *Spinning Enrico		19.45/20.45 Boxe amat. Omar	19.30/20.30 *Spinning Enrico			19.45/20.45 *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	20.00/21.00 Hatha Yoga Dina		20.00/20.30 *Trx		20.30/21.30 Ashtanga Yoga Francesco	20.30/21.15 *MFG	20.00/21.00 Novità Barre Giusy											

### 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 Sport e Salute