











Lunedì			Martedì			Mercoledì			Giovedì			Venerdì			Sabato		
Fit room	Olistic room	Health room	Fit room	Olistic room	Health room	Fit room	Olistic room	Health room	Fit room	Olistic room	Health room	Fit room	Olistic room	Health room	Fit room	Olistic room	Health room
	08.00/09.00 Ginn. Salute Met. Yoga	08.30/09.15 Percorso Health Dima	07.45/08.30 Functional training				08.00/09.00 Ginn. Salute Met. Yoga	08.30/09.15 Percorso Health Dima	07.45/08.30 Functional training					08.30/09.15 Percorso Health Dima			
09.30/10.30 Functional training		09.15/10.00 Percorso Health Diabet II	09.00/10.00 Gin. dolce		09.30/10.15 Percorso Health Cardio	09.30/10.30 Functional training		09.15/10.00 Percorso Health Diabet II	09.00/10.00 Gin. dolce		09.30/10.15 Percorso Health Cardio	09.00/10.00 Gin. dolce		09.15/10.00 Percorso Health Diabet II			
11.00/12.00 GAG Nikos					11.45/12.45 Percorso Health Functional	11.00/12.00 GAG Nikos					11.45/12.45 Percorso Health Functional			11.30/12.15 Percorso Health Postural	11.00/12.00 Total body Nikos		11.00/12.00 Spinning Enrico
		12.00/12.45 Percorso Health Postural						12.30/13.15 HIIT Andrea						12.30/13.15 HIIT Andrea			
13.15/14.15 Body sculpt Alessandro			13.15/14.15 Total body Nikos	13.15/14.15 Ginn. Salute Met. Pilates	13.15/14.15 Functional training	13.15/14.15 Body sculpt Alessandro			13.15/14.15 Total body Nikos	13.15/14.15 Ginn. Salute Met. Pilates	13.15/14.15 Functional training	13.15/14.15 Balance&Tone Alessandro					
		16.00/16.45 Percorso Health Dima						16.00/16.45 Percorso Health Dima						16.00/16.45 Percorso Health Dima			
17.15/18.15 GAG Niccolò	17.30/18.15 Functional training		17.45/18.45 Body sculpt Andrea			17.15/18.15 Step&Tone Niccolò	17.30/18.15 Functional training		17.45/18.45 GAG Andrea					17.30/18.15 Functional training			
18.15/19.15 Body sculpt Nikos	18.15/19.15 Ginn. Salute Met. Pilates	18.00/18.45 Percorso Health Prenatal		18.45/19.45 Ginn. Salute Met. Yoga	18.00/18.45 HIIT Andrea	18.15/19.15 Body sculpt Nikos	18.15/19.15 Ginn. Salute Met. Pilates	18.00/18.45 Percorso Health Diabet I	18.45/19.45 Total body Alessandro	18.45/19.45 Ginn. Salute Met. Yoga	18.00/18.45 HIIT Andrea	18.00/18.45 Percorso Health Diabet I	18.15/19.15 Olistic Tone Benedetta	18.00/18.45 Percorso Health Prenatal			
		19.15/20.00 HCross	18.45/19.45 Total body Alessandro		18.45/19.45 Spinning Caterina			19.15/20.00 HCross			18.45/19.45 Spinning Annalisa	18.45/19.45 Total body Nikos		19.15/20.00 HCross			

#### 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.