



RICORDI IL TUO OBIETTIVO? INDIVIDUA IL TUO COLORE E SCELGI IL CORSO GIUSTO PER TE

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
08:30-09:00 ORIGINAL STEP REEBOK	07:15-07:45 CROSS CIRCUIT HIT	08:30-09:00 JOY WALK HIT	07:15-07:45 CROSS CIRCUIT HIT	08:30-09:15 ACQUA FUN	09:15-10:00 ACQUA DRIN
09:00-09:30 BUTT LIFT	07:45-08:00 EXPRESS MOBILITÀ	09:00-09:15 EXPRESS ADDOMINALI	07:45-08:00 EXPRESS MOBILITÀ	09:15-09:30 EXPRESS ADDOMINALI	10:15-11:00 NO AGE FITNESS
09:30-09:45 EXPRESS ADDOMINALI	09:15-10:00 ACQUA TONIC	09:15-09:45 DANCE PARTY	09:00-09:45 NO AGE FITNESS	09:30-10:00 DANCE PARTY	10:30-11:00 SHOCK WAVE HIT
09:45-10:00 EXPRESS PIU ROW	09:45-10:00 EXPRESS ADDOMINALI	09:45-10:15 TONO PIU	09:45-10:00 EXPRESS PIU ROW	10:00-10:30 PIU PILATES	11:00-11:15 EXPRESS ADDOMINALI
09:45-10:30 ACQUA DRIN	10:15-10:45 TONO PIU	10:15-10:30 EXPRESS MOBILITÀ	10:00-10:30 SHOCK WAVE HIT	10:30-10:45 EXPRESS PIU ROW	11:15-12:00 ACQUA FUN
10:15-10:45 JOY WALK HIT	10:45-11:00 EXPRESS PIU PILATES	10:30-11:15 ACQUA DRIN	10:30-10:45 EXPRESS ADDOMINALI	10:45-11:30 ACQUA TONIC	11:30-12:00 JOY WALK HIT
10:45-11:15 PIU PILATES	11:00-11:45 ACQUA FUN	12:45-13:00 EXPRESS ADDOMINALI	10:30-11:30 PIU YOGA	12:45-13:00 EXPRESS ADDOMINALI	12:45-13:00 EXPRESS ADDOMINALI
12:45-13:00 EXPRESS ADDOMINALI	12:30-12:45 EXPRESS PIU ROW	12:45-13:30 ACQUA TONIC	10:45-11:30 ACQUA HIT	12:45-13:30 ACQUA DRIN	13:00-13:30 JOY WALK HIT
12:45-13:30 ACQUA HIT	12:45-13:00 EXPRESS ADDOMINALI	13:00-13:30 JOY WALK HIT	12:45-13:30 NO AGE FITNESS	13:00-13:30 CROSS CIRCUIT HIT	15:00-15:15 EXPRESS ADDOMINALI
13:00-13:30 SHOCK WAVE HIT	12:45-13:30 POWER DEFINITION	16:30-17:15 ACQUA TONIC	13:00-13:15 EXPRESS ADDOMINALI	15:30-16:15 ACQUA TONIC	15:00-15:45 ACQUA TONIC
15:30-15:45 EXPRESS ADDOMINALI	13:00-13:30 JOY WALK HIT	17:15-17:30 EXPRESS ADDOMINALI	15:30-15:45 EXPRESS ADDOMINALI	16:15-16:45 JOY WALK HIT	15:15-15:45 CROSS CIRCUIT HIT
16:30-17:15 ACQUA TONIC	15:30-16:15 ACQUA DRIN	17:30-18:00 TONO PIU	15:45-16:15 PIU PILATES	16:45-17:00 EXPRESS ADDOMINALI	
17:00-17:15 EXPRESS ADDOMINALI	17:00-17:30 ORIGINAL STEP REEBOK	17:45-18:15 SHOCK WAVE HIT	16:45-17:30 NO AGE FITNESS	17:00-17:30 DANCE PARTY	Domenica
17:00-18:00 PIU YOGA	17:30-18:15 ACQUA DRIN	18:15-18:30 EXPRESS PIU ROW	17:30-17:45 EXPRESS ADDOMINALI	17:00-17:30 CROSS CIRCUIT HIT	09:45-10:15 JOY WALK HIT
17:15-17:45 JOY WALK HIT	17:45-18:15 BUTT LIFT	18:15-18:45 DANCE PARTY	17:45-18:15 JOY WALK HIT	17:30-18:15 ACQUA HIT	10:30-10:45 EXPRESS ADDOMINALI
18:00-18:30 TONO PIU	18:15-19:00 POWER DEFINITION	18:30-19:00 CROSS CIRCUIT HIT	17:45-18:30 ACQUA FUN	18:00-18:15 EXPRESS MOBILITÀ	10:30-11:15 ACQUA TONIC
18:00-18:30 SHOCK WAVE HIT	18:30-19:00 JOY WALK HIT	19:00-19:15 EXPRESS MOBILITÀ	18:15-18:45 PIU PILATES	18:15-18:30 EXPRESS PIU ROW	10:45-11:15 SHOCK WAVE HIT
18:30-18:45 EXPRESS ADDOMINALI	19:00-19:15 EXPRESS PIU ROW	19:00-19:45 ACQUA HIT	18:45-19:15 SHOCK WAVE HIT	18:30-19:00 NO AGE FITNESS	11:30-12:15 NO AGE FITNESS
18:45-19:15 JOY WALK HIT	19:00-19:45 ACQUA HIT	19:00-20:00 PIU YOGA	18:45-19:30 STEP & DANCE	18:30-19:00 SHOCK WAVE HIT	12:15-12:30 EXPRESS ADDOMINALI
18:45-19:30 ACQUA TONIC	19:15-19:45 PIU PILATES	19:15-19:45 JOY WALK HIT	19:15-19:30 EXPRESS PIU ROW	19:00-19:15 EXPRESS ADDOMINALI	
19:15-19:30 EXPRESS PIU ROW	19:15-19:45 SHOCK WAVE HIT	19:45-20:00 EXPRESS ADDOMINALI	19:15-20:00 ACQUA TONIC	19:15-20:00 POWER DEFINITION	
19:30-19:45 EXPRESS ADDOMINALI	19:45-20:00 EXPRESS ADDOMINALI	20:00-20:30 ORIGINAL STEP REEBOK	19:30-19:45 EXPRESS ADDOMINALI	19:20-20:00 ACQUA TONIC	
19:30-20:15 STEP & DANCE	20:00-20:30 JOY WALK HIT	20:30-21:00 TONO PIU	19:30-20:00 BUTT LIFT		
19:45-20:30 BOOT CAMP HIT	20:00-21:00 KICK BOXING		19:45-20:30 BOOT CAMP HIT		
20:15-20:45 BUTT LIFT	20:00-21:00 NUOTO MASTER		20:00-21:00 KICK BOXING		
	20:30-20:45 EXPRESS ADDOMINALI				

DIMAGRIMENTO

FORZA E RESISTENZA

TONO E FORMA

BODY & MIND

MOVIMENTO

HIT
HIGH INTENSIVE INTERVAL TRAINING
I corsi che ti permettono di bruciare calorie fino a 16 ore dopo la fine dell'allenamento

EFFETTO
EFFECTO
POST ALLENAMENTO

FINO A 16 ORE DOPO

ORARI CLUB

LUNEDÌ - VENERDÌ	7.00 - 22.00
SABATO	8.00 - 17.00
DOMENICA	8.00 - 14.00

ORARI VITALITY

LUNEDÌ - VENERDÌ	9.30 - 21.30
SABATO	9.30 - 16.30
DOMENICA	9.30 - 13.30

Orari in vigore dal 7 Gennaio