

Gli orari potrebbero subire variazioni.
Per info **0549.904505**  

Tutti i servizi sono su prenotazione.

-  orario sperimentale
-  a domeniche alterne
-  [dal 21/09](#)

ORARIO
lunedì-venerdì **6.00 - 21.30**  
sabato 9.00 - 19.00
(dal 17 ottobre, corsi attivi)
domenica 9.00 - 14.00
(da ottobre ad aprile,
corsi attivi dall'8 novembre)

ORARIO ESTIVO LUGLIO/AGOSTO
lunedì-venerdì 6.00 - 21.30
sabato 8.15 - 14.15

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
sala CORSI		7.00-7.50 DYNAMIC YOGA 			7.00-7.50 DYNAMIC YOGA 	
	9.15-10.00 STRETCH PILATES	9.15-10.00 BIOPOSTURAL + BIOPOSTURAL UNIVERSAL		9.15-10.00 BIOPOSTURAL + BIOPOSTURAL UNIVERSAL	9.15-10.00 BIOPOSTURAL	
	10.15-11.15 YOGA		10.15-11.15 YOGA			11.00-12.00 YOGA
	13.00-13.45 PILATES	13.00-14.00 YOGA		13.00-13.45 PILATES	13.00-14.00 YOGA	
	16.00-16.45 BIOPOSTURAL 	16.00-16.45 PILATES 	16.00-16.45 BIOPOSTURAL 		16.00-16.45 PILATES	DOMENICA 9.15-10.00 PILATES
	17.00-18.00 VINYASA YOGA 			17.00-18.00 VINYASA YOGA 		
	18.10-18.55 PILATES + PILATES UNIVERSAL	18.05-19.00 DYNAMIC YOGA		18.10-18.55 PILATES	18.10-19.10 DYNAMIC YOGA	
			19.10-19.55 PILATES			
			19.00-20.30 YOGA & MEDITATION dal 14/10			
		7.00-7.45  MILITARY TRAINING WORKOUT	7.00-7.50 CYCLEX	7.00-7.45 MILITARY TRAINING WORKOUT		
		10.15-11.00  TOTAL BODY ENERGY	13.00-13.45  TOTAL BODY ENERGY		10.15-11.00  TOTAL BODY ENERGY	
			17.15-18.00 TOTAL BODY ENERGY		17.15-18.00 TOTAL BODY ENERGY	
			18.10-18.55 FIT BOXE			
	19.10-19.55  CARDIO TONE	19.10-19.55  FIT DANCE 		19.10-19.55  FIT DANCE 		
FUNCTIONAL AREA	13.00-13.45 METABOLIC WORKOUT	13.00-13.45 TAC FIT			13.00-13.45 METABOLIC WORKOUT	
sala UNIVERSE		18.00-18.45 CROSS TRAINING		18.00-18.45 CROSS TRAINING		
	17.15-18.00 METABOLIC WORKOUT					
AQUAGYM	8.00-8.45 AQUAGYM		8.00-8.45 AQUAGYM		8.00-8.45 AQUAGYM	
	9.00-9.45 AQUAGYM		9.00-9.45 AQUAGYM		9.00-9.45 AQUAGYM	10.15-11.00 AQUAGYM
	13.00-13.45 AQUAGYM		13.00-13.45 AQUAGYM			DOMENICA
	18.10-18.55  AQUAGYM		15.00-15.45 AQUAGYM		15.00-15.45 AQUAGYM	10.15-11.00 AQUAGYM
	19.10-19.55  AQUAGYM		18.10-18.55 AQUAGYM		18.10-18.55 AQUAGYM	
HEAT TRAINING		7.00-7.50 HEAT TRAINING			7.00-7.50 HEAT TRAINING	
		9.00-9.50   HEAT TRAINING 				9.00-9.50 HEAT TRAINING
		13.05-13.55 HEAT TRAINING				
		18.30-19.20 HEAT TRAINING			18.10-18.55 HEAT TRAINING	
CYCLING	13.05-13.55 CYCLING			13.05-13.55 CYCLING		DOMENICA  11.10-12.00 CYCLING
sala BOSCO	18.30-19.20 CYCLING		19.00-19.50 CYCLING	18.30-19.20 CYCLING		15.00-15.50 CYCLING
PILATES REFORMER small group	7.00-7.55 PILATES REFORMER			7.00-7.55 PILATES REFORMER		
	8.00-8.55 PILATES REFORMER			8.00-8.55 PILATES REFORMER		
	9.00-9.55 PILATES REFORMER			9.00-9.55 PILATES REFORMER		
NOVITÀ DA OTTOBRE						10.30-11.25 PILATES REFORMER
						11.30-12.25 PILATES REFORMER
			12.00-12.55 PILATES REFORMER		12.00-12.55 PILATES REFORMER	
			13.00-13.55 PILATES REFORMER		13.00-13.55 PILATES REFORMER	
	16.00-16.55 PILATES REFORMER	16.00-16.55 PILATES REFORMER	16.00-16.55 PILATES REFORMER	16.00-16.55 PILATES REFORMER	16.00-16.55 PILATES REFORMER	
sala BOSCO	17.00-17.55 PILATES REFORMER	17.00-17.55 PILATES REFORMER	17.00-17.55 PILATES REFORMER	17.00-17.55 PILATES REFORMER	17.00-17.55 PILATES REFORMER	
sala XENIOS	7.00-7.50  HYBRID TRAINING 		7.00-7.50  HYBRID TRAINING 			DA DEF  HYBRID TRAINING 
		19.10-20.00  HYBRID TRAINING 		19.10-20.00  HYBRID TRAINING 		

RESTART LAB
ritorno al movimento

prenota la tua seduta
individuale in reception



PERSONAL TRAINER

prenota la tua seduta
individuale in reception



sala fitness

sala xenios

sala universe

kitchenLAB

medika

spa