






# ORARIO FITNESS

## STAGIONE SPORTIVA

### 2021 - 2022

LEGGENDA DELIBERA C.O.N.I. DEL 14/02/2017

ORE	LUNEDI	SALA	MARTEDI	SALA	MERCOLEDI	SALA	GIOVEDI	SALA	VENERDI	SALA	SABATO	SALA
8:45											RUNNING FEDERICA-STADIO	
9:00	FIT DINAMIC GYM SANDRA 1 HIDROBIKE CIRCUIT FEDERICA P		GINNASTICA FIT ANGELO 1		FIT DINAMIC GYM SANDRA 1 ACQUA DREN UP MONICA		GINNASTICA FIT ANGELO 1		FIT DINAMIC GYM SANDRA 1 ACQUA GYM ANTONIETTA			
9:30			INDOOR CYCLING FRANCESCO P				INDOOR CYCLING FRANCESCO P				POSTURAL FIT GIAMPIETRO 1	
10:00	BRUCIA GRASSI FIT ALESSANDRA 1 ACQUA GYM ANTONIETTA		PILATES FIT ALESSANDRA 1 P		BRUCIA GRASSI ALESSANDRA 1 ACQUA TREADMILL CIRCUIT FEDERICA P		PILATES FIT ALESSANDRA 1 P		CARDIOPUMP FIT ALESSANDRA 1 POSTURAL FIT ANTONIETTA 3			
10:40			HIDROBIKE CIRCUIT FRANCESCO P				ACQUA GYM FRANCESCO				PILATES FIT FEDERICA 1	
10:50			PILATES FIT ALESSANDRA 1 P				PILATES FIT ALESSANDRA 1 P					
11:00	POSTURAL FIT ALESSANDRA 1		MIX BODY CIRCUIT STEFANO 1		POSTURAL FIT ALESSANDRA 1		MIX BODY CIRCUIT STEFANO 1		YOGA FIT ALESSANDRA 1		INDOOR CYCLING UMBERTO P	
12:00											INDOOR CYCLING UMBERTO P	
13:30	TOTAL BODY FIT ANTONIETTA 1		INDOOR CYCLING FRANCESCO P ACQUA TREADMILL FEDERICA P		MIX BODY CIRCUIT STEFANO 1		INDOOR CYCLING FRANCESCO P HIDROBIKE CIRCUIT FEDERICA P		MIX BODY CIRCUIT STEFANO 1 ACQUA TREADMILL MONICA P			
13:45											ACQUATABATA FEDERICA	
14:30	ACQUA DREN UP MONICA				ACQUA GYM FEDERICA							
15:00											INDOOR ROW CIRCUIT MAX TABATA FEDERICA 1	
16:00	YOGA FIT ALESSANDRA 1				YOGA FIT ALESSANDRA 1							
17:00	BRUCIA GRASSI FIT ALESSANDRA 1		STEP FIT ANTONIETTA 1 POSTURAL FIT ANGELO 3		BRUCIA GRASSI FIT ALE S. 1		TOTAL BODY ANTONIETTA 1 POSTURAL FIT ANGELO 3		PILATES FIT ALESSANDRA 1		<b>ORARI CENTRO</b>	
17:30	BOXE ODOARDO 2 YOUNG FIT ANGELO				BOXE ODOARDO 2 YOUNG FIT ANGELO				BOXE ODOARDO 2		<b>Dal Lunedì al Venerdì</b>	
18:00	PUMP FIT ALESSANDRA 1 INDOOR ROW CIRCUIT MAX		ZUMBA ANTONIETTA 3 TOTAL BODY ANGELO 1 RUNNING FEDERICA		PUMP FIT ALE S. 1 BOXE ODOARDO 2		ZUMBA ANTONIETTA 3 TOTAL BODY ANGELO 1 RUNNING FEDERICA		BRUCIA GRASSI ALESSANDRA 1		Segreteria 08:30 - 22:00  Sala Pesì 8:30 - 22:00	
18:15	INDOOR CYCLING UMBERTO P				INDOOR CYCLING UMBERTO P							
18:20					INDOOR ROWING MAX P							
18:30	BOXE ODOARDO 2		INDOOR CYCLING VINCENZO P		BOXE ODOARDO 2		INDOOR CYCLING ANTONIO P		INDOOR ROW CIRCUIT MAX BOXE ODOARDO 2		<b>Sabato</b>	
18:50	INDOOR ROWING MAX P										Segreteria 08:30 - 20:00  Sala Pesì 8:30 - 20:00	
19:00	ABS/GLUTEI ALE S. 1		BRUCIA GRASSI 30' ANTONIETTA 1 GINNASTICA X TUTTI ANGELO 3		TOTAL BODY ALE S. 1		BRUCIA GRASSI 30' ANTONIETTA 1 GINNASTICA X TUTTI ANGELO 3		PUMP FIT ALESSANDRA 1			
19:10					INDOOR ROW & GAG MAX							
19:30	INDOOR CYCLING UMBERTO P ACQUA TREADMILL FEDERICA P		ADDOME 30' ANTONIETTA 1		INDOOR CYCLING UMBERTO P HIDROBIKE CIRCUIT FEDERICA P		ADDOME 30' ANTONIETTA 1		INDOOR ROWING MAX P		<b>Domenica</b>	
19:40	INDOOR ROW CIRCUIT MAX										Segreteria 08:30 - 13:30 Sala Pesì 8:30 - 13:30	
20:00			FUNCTIONAL TRAINING ROBERTO 1				FUNCTIONAL TRAINING ROBERTO 1					
20:10			ACQUA GYM ANTONIETTA				HIDROBIKE CIRCUIT ANTONIETTA P				<b>Contatti</b>	
20:30	PILATES FIT ALESSANDRA 1				PILATES FIT ALESSANDRA 1				YOGA FIT ALESSANDRA 1		06 9093 673	