

PLANNING dAL 29 settembre 2025

LUNEDI		
08.15	CIRCUIT TRAINING Gianmarco	FUNCTIONAL
8:30	HIST Valentina V.	OUTDOOR
9:00	HIDROBIKE Silvia D	PISCINA
9:00	GLUTEI ADDOME Gianmarco	OUTDOOR
9:30	PILATES Silvio	
9:30	CRAB Valentina V.	OUTDOOR
10:00	ACQUA GYM Silvia D	PISCINA
10:30	POSTURALE Silvio	SALA SOLE
10.45	TOTAL BODY Martina	OUTDOOR
11:30	POSTURALE Silvio	SALA SOLE

MARTEDI		
08.15	G.A.G Daniela	FUNCTIONAL
8:00	GROUP CYCLING Fabio	SALA LUNA
9:00	GROUP CYCLING Fabio	SALA LUNA
10.00	ACQUA FUSION Valentina V.	PISCINA
10:15	YOGA Giulia	SALA SOLE
10.45	TOTAL BODY Martina	OUTDOOR
11.45	PILATES Martina	SALA SOLE

MERCOLEDI		
08.15	GLUTEI ADDOME Gianmarco	FUNCTIONAL
8:30	RED Valentina V.	OUTDOOR
9:00	HIDROBIKE Silvia D	PISCINA
9:00	CIRCUIT TRAINING Gianmarco	OUTDOOR
9:30	PILATES Silvio	
9:30	FUSION Valentina V.	OUTDOOR
10:00	ACQUA GYM Silvia D	PISCINA
10:30	POSTURALE Silvio	SALA SOLE
10.45	G.A.G Martina	OUTDOOR
11:30	POSTURALE Silvio	SALA SOLE

GIOVEDI		
08.15	G.A.G Daniela	FUNCTIONAL
8:00	GROUP CYCLING Fabio	SALA LUNA
9:00	GROUP CYCLING Fabio	SALA LUNA
10.00	ACQUA KOMBAT Valentina V.	PISCINA
10:15	YOGA Giulia	SALA SOLE
10.45	TOTAL BODY Martina	OUTDOOR
11.45	PILATES Martina	SALA SOLE

VENERDI		
08.15	CIRCUIT TRAINING Gianmarco	FUNCTIONAL
8:30	FUSION Valentina V.	OUTDOOR
9:00	HIDROBIKE Silvia D	PISCINA
9:00	GLUTEI ADDOME Gianmarco	OUTDOOR
9:30	PILATES Silvio	
9:30	RED Valentina V.	OUTDOOR
10:00	ACQUA GYM Silvia D	PISCINA
10:30	POSTURALE Silvio	SALA SOLE
10.45	STEP & TONE Martina	OUTDOOR
11:30	POSTURALE Silvio	SALA SOLE

SABATO		
9:00	GROUP CYCLING Andrea N	SALA LUNA
9:00	SUPERFUNCTIONAL 90 n Valentina V.	OUTDOOR
10:00	GROUP CYCLING Andrea N	SALA LUNA
10:15	HIDROBIKE Susanna	PISCINA
10:30	CIRCUIT TRAINING Aurora	FUNCTIONAL
10:45	POSTURAL PILATES Silvio	SALA SOLE
11:00	CALISTHENICS 90 min Leonardo	OUTDOOR
11:30	HIDROBIKE Susanna	PISCINA

Domeniche a rotazione

13:00	H.I.I.T Francesco	FUNCTIONAL
13:30	CROSSTRAIN Rebecca	OUTDOOR
13:30	ACQUA GYM Elisabetta	PISCINA

13:00	GLUTEI E ADDOME Aurora	OUTDOOR
13:30	HIDROBIKE Maria Cristina	PISCINA

13:00	CORE TRAINING Francesco	FUNCTIONAL
13:30	ACQUA GYM Elisabetta	PISCINA

13:00	GLUTEI E ADDOME Aurora	OUTDOOR
13:30	HIDROBIKE Maria Cristina	PISCINA

13:00	H.I.I.T Francesco	FUNCTIONAL
13:30	CROSSTRAIN Rebecca	OUTDOOR
13:30	ACQUA GYM Elisabetta	PISCINA

04-ott		
10:30	CIRCUIT TRAINING Aurora	OUTDOOR
11:00	ACQUA GYM Elisabetta	PISCINA

12-ott		
10:30	YOGA Giulia	SALA SOLE
11:00	ACQUA GYM Adriana	PISCINA

17:00	POSTURALE Daniela	SALA SOLE
18:00	GROUP CYCLING Andrea N	SALA LUNA
18:00	PILATES Daniela	SALA SOLE
18:30	FUNCTIONAL STRENGTH Francesco	OUTDOOR
18:30	ACQUA GYM Susanna	PISCINA
18:30	GLUTEI ADDOME Aurora	SALA TERRA
19:00	CROSSTRAIN Matteo	OUTDOOR
19:00	YOGA Giulia	SALA SOLE
19:15	GROUP CYCLING Andrea N	SALA LUNA
19:15	ACQUA GYM Susanna	PISCINA
19:30	TOTAL BODY Simona	OUTDOOR
19:30	CIRCUIT TRAINING Francesco	OUTDOOR

17:30	CALISTHENICS 90 min Leonardo	FUNCTIONAL
17:30	RED Valentina V.	OUTDOOR
18:00	CIRCUIT TRAINING Gianmarco	OUTDOOR
18:00	POSTURAL PILATES Silvio	SALA SOLE
18:30	HIST Valentina V.	OUTDOOR
18:30	ACQUAGYM Silvia C.	PISCINA
18:30	CROSSTRAIN Andrea B.	OUTDOOR
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:00	CORE TRAINING 30 MIN Aurora	OUTDOOR
19:00	POSTURAL PILATES Silvio	SALA SOLE
19:15	ACQUAGYM Silvia C.	PISCINA
19:30	PUMP Morena	OUTDOOR
19:30	CROSSTRAIN Andrea B.	OUTDOOR
19:45	CIRCUIT TRAINING Edoardo	OUTDOOR

17:00	POSTURALE Daniela	SALA SOLE
18:00	CROSSTRAIN Matteo	OUTDOOR
18:00	GROUP CYCLING Andrea N	SALA LUNA
18:00	PILATES Daniela	SALA SOLE
18:30	CIRCUIT TRAINING Francesco	OUTDOOR
18:30	ACQUA GYM Susanna	PISCINA
18:30	GLUTEI ADDOME Cristiana	SALA TERRA
19:00	YOGA Giulia	SALA SOLE
19:15	GROUP CYCLING Andrea N	SALA LUNA
19:20	HIDROBIKE Susanna	PISCINA
19:30	TOTAL BODY Simona	OUTDOOR
19:30	FUNCTIONAL STRENGTH Francesco	OUTDOOR

ENJOY
SPORTING CLUB
telefono : 06/6383850

17:30	CALISTHENICS 90 min Leonardo	FUNCTIONAL
17:30	FUSION Valentina V.	OUTDOOR
18:00	CIRCUIT TRAINING Gianmarco	OUTDOOR
18:00	POSTURAL PILATES Silvio	SALA SOLE
18:30	RED Valentina V.	OUTDOOR
18:30	ACQUAGYM Silvia C.	PISCINA
18:30	CROSSTRAIN Andrea B.	OUTDOOR
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:00	CORE TRAINING 30 MIN Aurora	OUTDOOR
19:00	POSTURAL PILATES Silvio	SALA SOLE
19:15	ACQUAGYM Silvia C.	PISCINA
19:30	PUMP Morena	OUTDOOR
19:30	CROSSTRAIN Andrea B.	OUTDOOR
19:45	CIRCUIT TRAINING Edoardo	OUTDOOR

17:00	POSTURAL STRETCH Edoardo	SALA SOLE
18:00	PILATES Edoardo	SALA SOLE
18:30	FUNCTIONAL STRENGTH Francesco	OUTDOOR
18:30	TOTAL BODY Simona	OUTDOOR
18:30	ACQUA GYM Susanna	PISCINA
18:30	GLUTEI ADDOME Aurora	SALA TERRA
19:00	CROSSTRAIN Matteo	OUTDOOR
19:00	YOGA Giulia	SALA SOLE
19:00	GROUP CYCLING Andrea D.	SALA LUNA
19:15	ACQUA GYM Susanna	PISCINA
19:30	CIRCUIT TRAINING Francesco	OUTDOOR

19-ott		
10:30	GROUP CYCLING Andrea N	SALA LUNA
11:00	ACQUA GYM Silvia C.	PISCINA

26-ott		
10:30	CROSSTRAIN Matteo	OUTDOOR
11:00	ACQUA GYM Silvia D.	PISCINA

ORARI RECEPTION

DAL LUNEDI' AL VENERDI' : 7,00 - 21,30
SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI PISCINA /NUOTO LIBERO

LUNEDI, MARTEDI, GIOVEDI
e VENERDI: 7,00 -16,10 e 18,40 - 22,00
MERCOLEDI: 7,00 -16,10 e 20,00 - 22,00
SABATO: 8,00- 9,00 e 11,45 - 19,30
DOMENICA E FESTIVI: 8,00 - 14,00

ORARI PADEL

DAL LUNEDI' AL VENERDI' : 8,30 - 21,30
SAB/DOM E FESTIVI: 8,30 - 20,00

ORARI TENNIS

DAL LUNEDI' AL VENERDI' : 8,30 - 21,30
SAB/DOM E FESTIVI: 8,30 - 20,00

N.B. TUTTE LE ATTIVITA' SOPRAINDICATE RIENTRANO NELLA DISCIPLINA SPORTIVA CONI "ATTIVITA' SPORTIVA GINNASTICA FINALIZZATA ALLA SALUTE ED AL FITNESS "

La Direzione si riserva la facoltà di annullare o sospendere corsi inferiori a 3 partecipanti e il diritto di modificare il planning corsi e gli orari in base alle necessità organizzative.