ORARI CORSI GIUGNO 2025

Lunedì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina interna	Sala Walking/Parco Estivo
	08:45/9:30 Schiena Rita	9:00/9:45 Schiena Luca		nuoto libero 6,00-8,00	
	9:30/10:15 Pancafit Rita	9:45/10:30 Schiena Luca		rec.funzionale 8,00-13,00	
	10:30/11:15 Yoga Grit		A:GYM 10:00/10:45 Claudio		
	13:00/14:00 Kick Boxing Nazzaro	12,45/13,30 Pilates Anna			
	15:00/15:45 Bruciagrssi Julian		A.GYM CLAUDIO 13:00 - 13:45		13:00/13:45 Walking Laura
	16:00/16:45 Yoga Grit	16:45/17:30 Pilates in gravidanza			
	16:45/17:30 Pilates Alessia		A.GYM Claudio 16:00/16:45		17:15/18:00 Walking Laura
	17:45/18:30 Pilates Grit	17:30/18:15 G.A.G. Alessia			18:45/19:30 Walking Laura
18:00/18:45 BIKINI Laura	18:30/19:15 Dynamic Postural Alessia	18:30/19:00 TRX Federica		rec.funzionale 17,00-20,00	
18:45/19:30 Pilates Anna	19:15/20:00 Step Alessia	Group Cycling 19:00/20:00 Federica	A.GYM ANNA 18,00-18,45		
19,30/20,15 Circuit Training Laura	20:00/21:00 KickBoxing Nazzaro				

Martedì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina interna	Sala Walking/Parco Estivo
	9,00/9,45 Schiena Francesca	8,30/9,15 Pilates Anna		nuoto libero 6,00-8,00	
		9:15/10:00 Tonificazione Anna		rec.funzionale 8,00-10,15	
	10:00/11:00 Yoga Grit			A.gym 10,15-11,00 Anna	
	12:50/13:40 Yoga Grit			rec.funzionale 11,00-13,00	13:00/13:45 Walking Marco
		12:45/13:30 Pump Laura			13,00/14,00 Ipercircuito Fabio
	15:30/16:15 Latin Dance Julian				16:15/17:00 Walking Julian
	16:15/17:00 Schiena Filippo				
	17:00/17:45 Pilates Anna				
			A.GYM Caterina 16:00/16:45		
17,45/18:15 Circuit Training Laura	17,45/18:30 Schiena Post Rita	17,15/17,45 TRX Laura			18:15/19:00 Walking Marco
18:15/19:00 Total Body Laura	18:30/19:15 Pancafit Rita				19:15/20:00 Fit Boxe Marco (Piazzetta)
19:00/19:45 Zumba Annalisa		18:30/19:00 TRX Fabio		rec.funzionale 17,00-20,00	Walk Program 19:00/19:45 Francesca
19:45/20:30 Pilates Anna	20:00/20:45 Schiena Post. rita	19:15/20:15 Group Cycling Fabio			

Mercoledì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina interna	Sala Walking/Parco Estivo
		8,00/8,45 Schiena Luca			
	8,45/9,30 Pancafit Rita	8:45/9:30 Schiena Luca			
	9:30/10:15 Schiena Rita		A:GYM Caterina 10:00/10:45	rec.funzionale 8,00-12:30	
	10,30/11,30 Balli Anna				
		12:45/13:00 Addome Laura	A.GYM Julian 13:00 - 13:45	nuoto libero 12:30/13:45	13:00/13:45 Walking Mattia
	13:00/14:00 Kick Boxing Nazzaro	13:00/13:45 Circuit Training Laura		rec.funzionale 13,45-15:15	
	16:00/16:45 Yoga Grit			Circuito Hydra Luca 15:15-16.00	17:30/18:15 Walking Laura
	17:15/18:00 Tonificazione Alessia		A.gym 16:00-16:45 Kekko		19:00/19:45 Walking Claudio
18:00/18:45 Athletic Workout Kekko	18:00/18:45 Aero Base Alessia	18:15/18:45 HIIT TRX Laura		rec.funzionale 16,00/18:30	
18:45/19:30 Bikini Workout Laura	18:45/19:30 Step Base Alessia				
19:30/20:15 Bruciagrassi julian	19:30/20:15 Pilates Alessia	Group Cycling 19:00/20:00 Angela	A.gym 18:30/19:15 Julian		
20:15/21:00 Sbarra Tone Julian					

Giovedì

Sala panorama	Sala Soppalco	Sala Personal	Piwscina Estena	Piscina interna	Sala Walking/Parco Estivo
	9,00/9,45 Bruciagrassi Simona	9,00/9,45 schiena Francesca		nuoto libero 6,00-8,00	7:00/7:45 Walking Claudio
	10:00/11:00 Yoga Grit	10:00/10:45 Pilates Annalisa		rec.funzionale 8,00-10,00	
	11:00/11:45 pancafit Filippo	11:00/11:45 Pilates in gravidanza		A.gym 10,00-10,45 simona	
	13,00/13,45 Pilates Anna			rec.funzionale 10,45-13,00	
	15:00/15:30 Addome/Glutei Filippo	12:50/13:40 Yoga Grit			
	15:45/16:30 Schiena Filippo				
		17:00/17:30 TRX Laura	A.GYM CLAUDIO 16:00/16:45		
17,30/18,15 G.A.G Laura					Walking Marco 18:30/19:15
18,15/19,00 pilates Annalisa	18:30/19:15 TotalBody Claudio				19:15/20:00 Fit Boxe Marco (Piazetta)
19:00/19:30 Spaccata Anna	19,15:20 Pilates Laura	18:30/19:00 TRX Fabio	A.GYM Laura 18:30/19:15	rec.funzionale 17,00-20,00	Walk Program 19:00/19:45 Francesca
19:30/20:15 Step Claudio	20,00/21:00 Kickboxing Nazzaro	19:15/20:15 Group Cycling Fabio			

Venerdì

Sala panorama	Sala Soppalco	Sala Personal	Piwscina Estena	Piscina interna	Sala Walking/Parco Estivo
	8,45/9,30 Pancafit Rita	9,00/9,45 schiena Luca		nuoto libero 6,00-8,00	
		10:00/10:45 Schiena luca		rec.funzionale 8:00-13:00	10:45/11:15 Walking Mattia
		11:15/11:45 TRX Mattia	A:GYM 10:00/10:45 Claudio		
	13:00/13:45 schiena Rita	12:45/13:30 Tonificazione Laura	A.GYM Julian. 13:00/13:45		13,00/13:45 Ipercircuito Fabio
	14:20/15:00 Sbarra Julian				
	15,00/15,45 bruciagrassi Julian			rec.funzionale 13,45-15,15	
	15:45/16:15 Tutto a Terra Julian			Circuito Hydra Luca 15,15/16:00	16:15/17:00 Walking Julian
17:45/18:00 Addome Laura	17:00/17:45 Schiena Filippo		A.GYM CLAUDIO 16:00/16:45		17:00/17:45 Walking Laura
18:00/18:45 PUMP Laura	18:00/18:45 Aero Base Claudio				
18:45/19:15 Pilates Laura		19:00/20:00 Group Cycling Mattia		rec.funzionale 17,00-20,00	

Sabato

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina interna	Sala Walking/Parco Estivo
	9:15/10:00 Ginn. Schiena Mattia				10:30 Walk Program Mattia (PARCO ESRTERNO)
		10:30/11:00 Trx FABIO			
		11:15/12:00 Group Cycling Fabio		rec.funzionale 9,00-12,00	
14,30/15,15 pilates anna			A:GYM 15,15-16,00 Turnazione		
15:15/16:00 Pilates Alessia	15,15/16:00 Zumba anna				
16:15/17:00 pilates anna	16:15/17,00 Step/Aerobica Alessia				

Domenica

Sala Personal	Sala Soppalco	sala panorama	Piscina Esterna	Piscina Interna
ore 10,30/11,00 Trx Rotazione			A:GYM 12,00-12,45 Turnazione	
		ore 11,00/11,45 fitness	A:GYM 16,00-16:45 Turnazione	

La direzione si riserva di apportare modifiche sugli orari durante la stagione.
Poi consultare gli orari sempre aggiornati sul sito www.edenbenessere.com alla sezione live planning