

ORARI CORSI GIUGNO 2026

Lunedì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina Interna	Sala Walking/Parco Estivo
				nuoto libero 6,00-8,00	
	8:45/9:30 Pancraft Rita	08:45/9:30 Schiena Luca		rec.funzionale 9,00-10,00	
	9:30/10:15 Schiena Rita	9:30/10:15 Schiena Luca			
	10:30/11:15 Yoga Grit		A.GYM 10:00/10:45 Caterina		
	13:00/14:00 Kick Boxing Nazario	12:45/13:30 Pilates Anna		rec.funzionale 11:00/13:00	
	15:00/15:45 Bruciagrassi Julian		A.GYM Julian 11:00 - 13:45		13:00/13:45 Walking Laura
	16:00/16:45 Yoga Grit				
	16:45/17:30 Pilates Francesca	17:00-17:45 GAG			
	17:45/18:30 Bikini Workout Laura		A.GYM Claudio 16:00/16:45		17:00/17:45 Walking Laura
	18:45/19:30 Pilates Anna	18:30/19:15 Dynamic Postural Alessia		rec.funzionale 17:00/18:30	18:30/19:15 Walking Laura
		18:30/19:00 TRX Federica			
		19:15/20:00 Step/Aerobica Alessia		A.GYM Claudio 18:30-19:15	
		19:00/20:00 Group Cycling Federica			
	19:30/20:15 Kickboxing Nazario				

Martedì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina Interna	Sala Walking/Parco Estivo
	8:30/9:15 Pilates Anna			nuoto libero 6,00-8,00	7:00/7:45 Walking Claudio
	9:15/10:00 Tonificazione Anna	9:00/9:45 Schiena Francesca		rec.funzionale 8,00-10:15	
	10:00/11:00 Yoga Grit	9:45/10:30 Schiena Giulia		A.gym 10:15-11:00 Anna	
	12:45/13:30 Pump Seane			rec.funzionale 11:00-13:00	13:00/14:00 Ipercirkuito Fabio
		12:50/13:40 Yoga Grit			
	16:00/16:45 Schiena Filippo	15:30/16:15 Latin Dance Julian			16:15/17:00 Walking Julian
	16:45/17:30 Pilates Anna				
		17:15/17:45 TRX Laura	A.GYM Cate 16:00/16:45		
17:45/18:15 Circuit Training Laura	17:45/18:30 Schiena Post Rita			rec.funzionale 17:00-20:00	18:15/19:00 Walking Marco
18:15/19:00 Total Body Laura	18:30/19:15 Pancraft Rita	18:30/19:00 TRX Fabio			19:15/20:00 Fit Base Marco (Piazzetta)
19:00/19:45 Zumba Annalisa		19:15/20:15 Group Cycling Fabio			19:15/20:00 Walk Program Francesca
19:45/20:30 Pilates Anna	20:00/20:45 Schiena Post. Rita				

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 Pancraft Rita	8:45/9:30 Schiena Luca			
	9:30/10:15 Schiena Rita			A.GYM Claudio 10:00/10:45	rec.funzionale 8,00-13:00
	13:00/14:00 Kick Boxing Nazario	12:45/13:00 glutei Julian		A.GYM Claudio 13:00 - 13:45	13:00/13:45 CIRCUITO LAURA
	15:00/15:45 Pilates Grit	13:00/13:45 Bruciagrassi Julian			rec.funzionale 13:45-15:15
					Circolo Hydra Luca 15:15-16:00
	16:00/16:45 Yoga Grit	16:30/17:15 Schiena Post Giulia			17:30/18:15 Walking Laura
	17:15/18:00 Pilates Francesca	17:15/18:00 Tonificazione Claudio		A.GYM 16:00/16:45 Francesco	
18:00/18:45 Athletic Workout Kekko	18:00/18:45 Aero Base Alessia	18:15/18:45 HIT TRX Laura			
18:45/19:30 Bikini Workout Laura	18:45/19:30 Step Base Alessia			rec.funzionale 17:00-20:00	
19:30/20:15 Bruciagrassi Julian	19:30/20:15 Pilates Alessia	19:45/20:30 Group Cycling Angela		A.gym 18:30/19:15 Julian	
20:15/21:00 Sbarra Tone Julian					

Giovedì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina Interna	Sala Walking/Parco Estivo
	9:00/9:45 Bruciagrassi Simona	9:00/9:45 schiena Francesca		nuoto libero 6,00-8,00	
	10:00/11:00 Yoga Grit	9:45/10:30 Pilates Annalisa		rec.funzionale 8,00-10:00	
	11:00/11:45 pancraft Filippo	10:30/11:15 Balli Anne		A.gym 10:00-10:45 Francesca	
	13:00/13:45 Pilates Anna			rec.funzionale 10:45-13:00	
	15:45/16:30 Schiena Filippo				
		17:00/17:30 TRX Laura			
			A.GYM CLAUDIO 16:00/16:45		Walking Marco 18:30/19:15
17:30/18:15 G.A.G Laura	17:45/18:30 Pilates Francesca			rec.funzionale 17:00/18:30	19:15/20:00 Fit Base Marco (Piazzetta)
18:15/19:00 pilates Annalisa	18:30/19:15 Totalbody Claudio				19:00/19:45 Walk Program Giulia
19:00/19:30 Speculate Anna		18:30/19:00 TRX Fabio			
19:30/20:15 Step Claudio	20:00/21:00 Kickboxing Nazario	19:30/20:30 Group Cycling Fabio			

Venerdì

Sala panorama	Sala Soppalco	Sala Personal	Piscina Esterna	Piscina Interna	Sala Walking/Parco Estivo
	8:45/9:30 Pancraft Rita	9:00/9:45 schiena Luca		nuoto libero 6,00-8,00	
	9:30/10:15 Pancraft Giulia	10:00/10:45 Schiena Luca		rec.funzionale 8,00-10:00	
	10:15/11:00 Schiena Giulia		A.GYM 10:00/10:45 Claire		13:00/13:45 Walking Claudio
	13:00/13:45 schiena Rita	12:45/13:30 Tonificazione Laura		rec.funzionale 10:45-13:00	13:00/13:45 Ipercirkuito Fabio
			A.GYM Julian 13:00/13:45		
	15:00/15:45 bruciagrassi Julian			rec.funzionale 13:45-15:15	
	15:45/16:15 Tutto a Terra Julian			Circolo Hydra Luca 15:15/16:00	16:15/17:00 Walking Julian
17:45/18:00 Addome Luca	17:00/19:30 Schiena Filippo				17:00/17:45 Walking Laura
18:00/18:45 PUMP Laura	18:00/18:45 Step/Aerobica Intermedio 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
		10:30/11:00 Trx FABIO			
		11:15/12:00 Group Cycling Fabio		rec.funzionale 9,00-12:00	
14:20/15:05 pilates anna				ROTAZIONE A.GYM 15:15-16:00 Tonificazione	
15:15/16:00 Pilates Alessia	15:15/16:00 Zumba anna				
16:15/17:00 Pilates Francy Rigon	16:15/17:00 Step/Aerobica Alessia				

Domenica

Sala Personal	Sala Soppalco	Sala panorama	Piscina Esterna	Piscina Interna	Sala Walking/Parco Estivo
			ROTAZIONE A.GYM 12:00-12:45		
		ore 11,00/11,45 fitness	ROTAZIONE A.GYM 16:00-16:45		

*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*