

# ORARI GYM FLOOR

IN VIGORE DAL 03/08/2026 AL 30/08/2026

| LUNEDÌ        | MARTEDÌ       | MERCOLEDÌ     | GIOVEDÌ       | VENERDÌ       | SABATO | DOMENICA |
|---------------|---------------|---------------|---------------|---------------|--------|----------|
| 09.00 - 21.00 | 09.00 - 21.00 | 09.00 - 21.00 | 09.00 - 21.00 | 09.00 - 21.00 | CHIUSA | CHIUSA   |

IN VIGORE DAL 31/08/26

| LUNEDÌ        | MARTEDÌ       | MERCOLEDÌ     | GIOVEDÌ       | VENERDÌ       | SABATO        | DOMENICA      |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 07.30 - 22.00 | 07.30 - 22.00 | 07.30 - 22.00 | 07.30 - 22.00 | 07.30 - 22.00 | 09.00 - 17.00 | 09.00 - 14.00 |

ORARI CORSI FITNESS IN VIGORE DAL 31 AGOSTO AL 12 SETTEMBRE 2026

PRENOTAZIONE OBBLIGATORIA DEI CORSI DI TRX -UP WARD E JUMP

|       | LUNEDÌ'            |             |                    | MARTEDÌ'      |                         |                    | MERCOLEDÌ'         |               |                   | GIOVEDÌ'        |              |                   | VENERDÌ          |                 |                  | SABATO         |        |        |       |       |
|-------|--------------------|-------------|--------------------|---------------|-------------------------|--------------------|--------------------|---------------|-------------------|-----------------|--------------|-------------------|------------------|-----------------|------------------|----------------|--------|--------|-------|-------|
|       | SALA 1             | SALA2       | SALA 3             | SALA 1        | SALA 2                  | SALA 3             | SALA 1             | SALA 2        | SALA 3            | SALA 1          | SALA 2       | SALA 3            | SALA 1           | SALA 2          | SALA 3           | SALA 1         | SALA 2 | SALA 3 |       |       |
| 08.00 | GYM DOLCE Tiziana  |             |                    |               |                         |                    |                    |               | PILATES Tiziana   |                 |              | POSTURAL Emiliano |                  |                 |                  |                |        |        | 08.00 |       |
| 09.00 | TONE Tiziana       |             | POSTURAL Emiliano  |               |                         | POSTURAL Francy    |                    |               | POSTURAL Emiliano | TONE Tiziana    |              |                   | PILATES Tiziana  | GYM DOLCE Betty |                  |                |        |        | 09.00 |       |
| 09.30 |                    |             |                    |               |                         |                    |                    |               |                   |                 |              |                   |                  |                 |                  | TONE Betty     |        |        | 09.30 |       |
| 10.00 |                    |             | TOTAL BODY Tiziana |               |                         | TONE Francy        |                    |               | GYM DOLCE Tiziana |                 |              | STEP&TONE Tiziana |                  |                 | TONE UP Betty    |                |        |        | 10.00 |       |
| 10.30 |                    |             |                    |               |                         |                    |                    |               |                   |                 |              |                   |                  |                 |                  | PILATES Betty  |        |        | 10.30 |       |
| 11.00 |                    |             | PILATES Tiziana    |               |                         |                    |                    |               |                   | PILATES Tiziana |              |                   |                  |                 |                  |                |        |        | 11.00 |       |
| 11.30 |                    |             |                    |               |                         |                    |                    |               |                   |                 |              |                   |                  |                 |                  | YOGA Betty 90' |        |        | 11.30 |       |
| 13.00 |                    |             | PUMP Tiziana       |               |                         | FAT BURNING Francy |                    |               | PILATES Tiziana   |                 |              | GAG Francy        |                  |                 | TONE Lorenzo     |                |        |        | 13.00 |       |
| 17.00 |                    | TRX* Giulia | PILATES Betty      |               |                         |                    |                    |               |                   | TRX* Giulia     | TRX* Giulia  |                   | BARRE Denise     |                 |                  |                |        | 17.00  |       |       |
| 18.00 | ABD POWER Marco M  | FLEX Giulia | GAG Betty          |               | TRX* Marco M            | PILATES Swami      |                    | PILATES Swami | TABATA Giulia     | GAG Giulia      | TRX* Marco M |                   |                  | PILATES Denise  | TOTAL BODY Betty |                |        |        | 18.00 |       |
| 19.00 | ARM WORKOUT Giulia | YOGA Betty  | WIP Marco M 120'   | JUMP* Lorenzo | STRETCH&BALANCE Marco M |                    | THAT'S BALL Giulia | YOGA Swami    | ZUMBA Denise      |                 |              | FLEX Giulia       | WIP Marco M 120' |                 | FLEX Betty       | ZUMBA Denise   |        |        |       | 19.00 |
| 20.00 |                    |             |                    |               |                         |                    | FITBOXE Marco M    |               | UPWARD* Giulia    |                 |              |                   |                  |                 |                  |                |        |        | 20.00 |       |

**PRENOTAZIONE OBBLIGATORIA DEI CORSI DI WALK - TRX -UP WARD E JUMP**

|       | LUNEDÌ'                    |                      |                        | MARTEDÌ'                      |                             |                            | MERCOLEDÌ'                    |                      |                            | GIOVEDÌ'             |                 |                        | VENERDÌ                       |               |                                | SABATO |                      |                       |       |
|-------|----------------------------|----------------------|------------------------|-------------------------------|-----------------------------|----------------------------|-------------------------------|----------------------|----------------------------|----------------------|-----------------|------------------------|-------------------------------|---------------|--------------------------------|--------|----------------------|-----------------------|-------|
|       | SALA 1                     | SALA2                | SALA 3                 | SALA 1                        | SALA 2                      | SALA 3                     | SALA 1                        | SALA 2               | SALA 3                     | SALA 1               | SALA 2          | SALA 3                 | SALA 1                        | SALA 2        | SALA 3                         | SALA 1 | SALA 2               | SALA 3                |       |
| 07.30 |                            |                      |                        | FAST& FURIO<br>Marco G<br>30' |                             |                            |                               |                      |                            |                      |                 |                        | FAST& FURIO<br>Marco G<br>30' |               |                                |        |                      |                       | 07.30 |
| 08.00 | GYM DOLCE<br>Tiziana       |                      |                        |                               |                             | POSTURAL<br>Marco G        | TONE<br>Emiliano              | PILATES<br>Tiziana   |                            | POSTURAL<br>Emiliano |                 |                        |                               |               | POSTURAL<br>PILATES<br>Marco G |        |                      |                       | 08.00 |
| 09.00 | TONE<br>Tiziana            | POSTURAL<br>Emiliano |                        | YOGA<br>Francesca             |                             | TOTAL BODY<br>Marco G      | POSTURAL<br>Emiliano          |                      | TONE<br>Tiziana            | PILATES<br>Tiziana   |                 |                        |                               |               | POSTURAL<br>Marco G            |        |                      |                       | 09.00 |
| 09.30 |                            |                      |                        |                               |                             |                            |                               |                      |                            |                      |                 |                        |                               |               |                                |        | JUMP*<br>Betty       | PILATES<br>Tiziana    | 09.30 |
| 10.00 | TOTAL BODY<br>Tiziana      |                      |                        |                               |                             | TONE<br>Davide             | CIRCUIT TRAINING<br>Francesca | GYM DOLCE<br>Tiziana |                            | STEP&TONE<br>Tiziana |                 |                        |                               |               | GYM DOLCE<br>Betty             |        |                      |                       | 10.00 |
| 10.30 |                            |                      |                        |                               |                             |                            |                               |                      |                            |                      |                 |                        |                               |               |                                |        | PILATES<br>Betty     | GAG<br>Tiziana        | 10.30 |
| 11.00 | PILATES<br>Tiziana         |                      |                        |                               |                             | POSTURAL<br>Davide         | JUMP*<br>Francesca            | PILATES<br>Tiziana   |                            | GAG<br>Tiziana       |                 |                        |                               |               | TONE UP<br>Betty               |        |                      |                       | 11.00 |
| 11.30 |                            |                      |                        |                               |                             |                            |                               |                      |                            |                      |                 |                        |                               |               |                                |        | YOGA<br>Betty<br>90' | TOTAL BODY<br>Tiziana | 11.30 |
| 13.00 | PUMP<br>Tiziana            |                      |                        |                               |                             | FAT BURNING<br>Francesca Z | PILATES<br>Tiziana            |                      | GAG<br>Francy              |                      |                 |                        |                               | TONE<br>Yojan |                                |        |                      | 13.00                 |       |
| 16.00 | JUMP*<br>Betty             |                      |                        |                               |                             |                            |                               | GAG<br>Emiliano      | WALK*<br>Marco G           |                      |                 | POSTURAL<br>Davide     |                               |               |                                |        |                      |                       | 16.00 |
| 17.00 | CIRCUIT TRAINING<br>Davide | TRX*<br>Giulia       | PILATES<br>Betty       | MOBILITY<br>Rox               |                             |                            |                               | TRX*<br>Giulia       | CIRCUIT TRAINING<br>Davide |                      |                 | TRX*<br>Giulia         | BARRE<br>Denise               |               |                                |        |                      |                       | 17.00 |
| 18.00 | ABD POWER<br>Marco M       | FLEX<br>Giulia       | GAG<br>Betty           | PILATES<br>Swami              | TRX*<br>Marco M             | STEP COREO<br>Rox          | PILATES<br>Swami              |                      | TABATA<br>Giulia           | GAG<br>Giulia        | TRX*<br>Marco M | POSTURAL<br>Marco G    | PILATES<br>Denise             |               | TOTAL BODY<br>Betty            |        |                      |                       | 18.00 |
| 19.00 | ARM WORKOUT<br>Giulia      | YOGA<br>Betty        | WIP<br>Marco M<br>120' | JUMP*<br>Lorenzo              | STRETCH& BALANCE<br>Marco M | FUNCIONAL<br>GAG<br>Rox    | THAT'S BALL<br>Giulia         | YOGA<br>Swami        | ZUMBA<br>Denise            | WALK*<br>Marco G     | FLEX<br>Giulia  | WIP<br>Marco M<br>120' | FLEX<br>Betty                 |               | ZUMBA<br>Denise                |        |                      |                       | 19.00 |
| 20.00 |                            |                      |                        |                               |                             | FITBOXE<br>Marco M         | UP WARD*<br>Giulia            |                      |                            |                      |                 |                        |                               |               |                                |        |                      | 20.00                 |       |