

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
09:15-10:00 GINNASTICA DOLCE	09:15-10:00 PANCAFIT	09:15-10:00 STRETCHING	09:15-10:00 CYCLE BURN	09:15-10:00 YOGA	09:00-09:45 NUOTO ADULTI
09:30-10:15 ACQUAGYM	09:15-10:00 NUOTO ADULTI	10:15-11:00 PILATES	09:30-10:15 ACQUAGYM	09:30-10:15 ACQUAGYM	FITNESS SURPRISE
09:30-10:15 GESTANTI IN ACQUA	10:15-11:00 POSTURAL GYM	10:15-11:00 HYDROBIKE	10:15-11:00 ACQUAGYM	09:30-10:15 NUOTO ADULTI	
10:15-11:00 ACQUATREADMILL	10:15-11:00 ACQUAGYM	11:10-11:55 MODERN JAZZ	10:20-11:05 TREKKMILL	10:15-11:00 PANCAFIT	
10:15-11:00 PANCAFIT	11:10-11:55 CYCLE BURN		11:15-11:45 GYM BODY TRAINING	10:30-11:15 ACQUAGYM DOLCE	
11:10-11:55 TOTAL BODY	12:50-13:35 ACQUAGYM	12:50-13:35 BOXE TONE	12:50-13:35 YOGA	11:10-11:55 PILATES	
12:50-13:35 PANCAFIT	12:50-13:35 PILATES	12:50-13:35 KICK & BIKE REVOLUTION	12:50-13:35 ACQUAGYM	12:45-13:15 GYM BODY TRAINING	
12:50-13:35 ACQUAGYM	13:30-14:15 ACQUAGYM DOLCE		13:00-13:45 NUOTO ADULTI	12:50-13:35 ACQUATREADMILL	
	14:45-15:15 GYM BODY TRAINING	14:45-15:30 NUOTO ADULTI	13:00-13:45 ACQUAGYM DOLCE	14:45-15:30 NUOTO ADULTI	
15:00-15:45 ACQUAGYM ACQUA ALTA	17:30-18:00 FUNCTIONAL		14:00-14:45 ACQUAGYM DOLCE		
18:15-19:00 TABATA DANCE		18:15-19:00 PILATES	17:30-18:00 FUNCTIONAL	17:30-18:15 PILATES	
18:15-19:00 YOGA	18:00-18:45 TREKKMILL	18:15-19:00 ACQUADANCE	18:00-18:45 CYCLE BURN	18:10-18:55 GESTANTI IN ACQUA	
19:00-19:45 PANCAFIT	18:15-19:00 TOTAL BODY	19:15-20:15 CALISTHENICS	18:15-19:00 GAG	18:15-19:00 PANCA POSTURAL	
19:00-19:45 PILATES		19:00-19:45 YOGA	19:00-19:45 STEP COREO	18:15-19:00 PILATES	
19:00-19:45 HYDROBIKE	19:00-19:45 STEP COREO	19:00-19:45 WATER TABATA CIRCUIT	19:00-19:45 TREKKMILL	18:30-19:15 ACQUAGYM	
19:45-20:30 HYDROBIKE	19:00-19:45 CYCLE BURN		19:00-19:45 ACQUATREADMILL	19:15-20:15 CALISTHENICS	
19:10-19:55 TOTAL STRENGTH	19:15-20:00 ACQUAGYM	20:00-20:30 TOTAL BODY		19:15-20:00 ACQUAGYM	
19:30-20:15 NUOTO ADULTI	20:00-20:45 ACQUASTEP	19:30-20:15 NUOTO ADULTI	20:00-20:45 ACTIVE CONDITIONING	19:30-20:15 NUOTO ADULTI	
20:00-20:45 FLY ACTIVE		20:15-21:00 NUOTO ADULTI		20:00-20:45 ACQUATREADMILL	

## PLANNING CORSI 2025

-  Corsi Top
-  Corsi Premium
-  Corsi di Nuoto
-  Corsi Gestanti in Acqua

 **Monferrato Active**

Via Giovanni Paolo II, 5  
Tel. 0142 1950784  
Cell. 351 5850952  
www.monferratoactive.it

**ORARIO DI APERTURA E NUOTO LIBERO**

LUN - VEN 09.00 - 21.30  
SAB 09.00 - 18.30  
DOM 09.00 - 13.30

 @monferratoactive

 @monferrato active

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

09:15-10:05  
PILATES REFORMER

10:00-10:50  
PILATES REFORMER

11:10-12:00  
PILATES REFORMER

11:00-11:50  
PILATES REFORMER

12:10-13:00  
PILATES REFORMER

12:50-13:40  
PILATES REFORMER

12:50-13:40  
PILATES REFORMER

13:45-14:35  
PILATES REFORMER

15:00-15:50  
PILATES REFORMER

17:00-17:30  
OSTEOFIT 

18:10-19:00  
PILATES REFORMER

19:10-20:00  
PILATES REFORMER

19:10-20:00  
PILATES REFORMER

19:00-19:50  
PILATES REFORMER

20:00-20:50  
PILATES REFORMER

## PLANNING CORSI REFORMER E OSTEOFIT

 **Monferrato  
Active**

Via Giovanni Paolo II, 5

Tel. 0142 1950784

Cell. 351 5850952

[www.monferratoactive.it](http://www.monferratoactive.it)

### ORARIO DI APERTURA E NUOTO LIBERO

LUN - VEN 09.00 - 2130

SAB 09.00 - 18.30

DOM 09.00 - 13.30

 @monferratoactive

 @monferrato active