

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

DOMENICA

7:15 - 8:00
FUNCTIONAL TRAINING9:00 - 9:45
POSTURALE9:00 - 9:45
NUOTO ADULTI (P)10:00 - 10:45
GAG10:00 - 10:45
ACQUASOFT10:45 - 11:30
ACQUAGYM12:45 - 13:30
FUNCTIONAL TRAINING18:10 - 19:00
SPINNING18:30 - 19:15
BODY PUMP18:45 - 19:30
ACQUABIKE MIX19:15 - 20:00
PILATES19:15 - 20:00
ZUMBA19:30 - 20:15
NUOTO ADULTI (A)19:30 - 20:15
ACQUAGYM20:15 - 21:30
NUOTO MASTER9:00 - 9:45
TONO SOFT10:00 - 10:45
PILATES10:00 - 10:45
NEONATALE10:45 - 11:30
NEONATALE12:00 - 12:45
HIROBIKE12:45 - 13:30
ACQUAGYM12:45 - 13:30
BODY PUMP17:30 - 18:15
ADDOMINALI & STRETCH18:15 - 19:00
TOTAL BODY19:00 - 19:45
STEP DANCE19:00 - 19:45
ACQUA RUNNING19:10 - 20:00
SPINNING19:30 - 20:15
PILATES19:30 - 20:15
NUOTO ADULTI (P)20:00 - 21:00
YOGA9:00 - 9:45
POSTURALE10:00 - 10:45
STRETCHING10:00 - 10:45
ACQUAGYM10:45 - 11:30
HIROBIKE12:45 - 13:30
FUNCTIONAL TRAINING12:45 - 13:30
NUOTO ADULTI12:45 - 13:35
SPINNING18:15 - 19:00
STRIDING18:30 - 19:15
BODY PUMP19:15 - 20:00
FUNCTIONAL TRAINING18:45 - 19:30
HIROBIKE19:15 - 20:00
ZUMBA19:30 - 20:15
ACQUAGYM20:15 - 21:30
NUOTO MASTER8:30 - 9:30
YOGA9:00 - 9:45
ACQUAPILATES9:00 - 9:45
CORE STABILITY9:30 - 10:15
NUOTO ADULTI (P)10:00 - 10:45
FUNCTIONAL TRAINING12:45 - 13:30
ACQUAGYM12:45 - 13:30
ADDOMINALI & STRETCH18:15 - 19:00
TOTAL BODY18:45 - 19:30
NUOTO ADULTI (P)19:00 - 19:45
ACQUA RUNNING19:10 - 20:00
SPINNING19:15 - 20:00
PILATES19:30 - 20:15
NUOTO ADULTI (A)20:00 - 21:00
YOGA9:00 - 9:45
TONO SOFT10:00 - 10:45
PILATES10:00 - 10:45
ACQUAGYM12:45 - 13:30
FUNCTIONAL TRAINING12:45 - 13:30
NUOTO ADULTI18:15 - 19:00
STRIDING18:15 - 19:00
FUNCTIONAL TRAINING19:00 - 19:45
ACQUAGYM19:15 - 20:00
POSTURALE20:15 - 21:30
NUOTO MASTER9:00 - 10:00
YOGA10:15 - 11:00
ADDOMINALI E STRETCH11:00 - 11:45
BODY PUMP
A SETTIMANE ALTERNATE12:45 - 13:30
ACQUAGYM14:30 - 15:00
NEONATALE15:00 - 15:30
NEONATALE10:15 - 11:00
CIRCUIT TRAINING

PLANNING CORSI 2025

NEONATALE

OPEN TOP

OPEN PREMIUM

VALIDO DAL 24/3

ORARIO DI APERTURA

LUN MER VEN 07:00 - 22:00

MART GIOV 8:30 - 22:00

SAB 08:30 - 18:30

DOM 9:00 - 13:00



@aronaactive

@aronaactive